

# Mushroom Tapenade / Pate

**Makes approx. 350ml (12fl oz)**

## Ingredients

455g (1lb) fresh mushrooms  
180-240 ml (6-8fl oz) olive oil  
2 tsp chopped rosemary (preferably fresh)  
¼ tsp salt (sea salt preferably)  
2 garlic cloves  
4 anchovy fillets  
1 tbsp drained capers  
Freshly ground black pepper



## Directions

Preheat oven to 220 C/425 F/Gas 7

In a large bowl, toss the mushrooms with 3 tablespoons of the oil. Sprinkle with the rosemary and ¼ teaspoon salt; toss to season evenly. Spread out in a baking tray large enough to hold the mushrooms in a single layer. Bake for 20 minutes, giving the mushrooms a stir after 10 minutes. Some of the mushrooms will look dried out – this is fine.

Let the mushrooms cool and then coarsely chop them. Transfer to a food processor along with the garlic, anchovies and capers. Process to a coarse puree. With the motor running, slowly add enough of the remaining oil – about 120-180 ml (4-6fl oz) – to form a juicy paste. Season to taste with pepper and additional salt.

**Nutrition:** Per 1 Tbsp: Kcal 66 Fat 6.9g Carbs 0.6g Protein 0.8g

**Serving suggestions:** As an appetizer, serve on sliced cucumber, cheese or hard boiled egg. As an omelette filling or a topping for steak, chicken or pork chop.

**Storage:** Will keep in an airtight container for up to one week in the fridge.