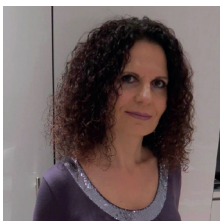


Janet's Recipe Corner



Janet Lipton will be regularly presenting delicious easy recipes you'll love - sometimes healthy and sometimes a bit naughty. Janet would be happy to answer any cookery queries you may have.
Email: cookery@kolchai.org



Mock Chopped Liver

Following Linda Munster's wonderful talk in April about eating the right foods to improve memory, here's my Mock Chopped Liver recipe, which contains plenty of walnuts, which are so good for your brain health. Hope you enjoy making and eating it...and remember it's vegan too. Feel free to pass the recipe on to friends and family.

Ingredients

- 1 cup [US cup = 236.64 ml] lentils rinsed (no need to soak) – I used Puy Lentils by Merchant Gourmet which are excellent
- 2 cups water
- Marigold vegetable bouillon – 2 tsp. for boiling the lentils and 1 tsp. when processing the lentils and walnuts [2 tsp. enough for this quantity – taste the paté before you add any more at the end]
- 2 dried bay leaves
- 1 peeled clove of garlic
- 2 tbsp. olive oil
- 1 large onion, chopped
- 1 cup walnuts – if you roast the walnuts at 180C for 10 mins and let cool before using, you will get an infinitely superior result
- Black pepper

Directions

Place water, lentils and bouillon cubes in a pot along with clove of garlic and bay leaves. Cover pot and cook about 30 minutes or until tender. Drain well and remove garlic and bay leaves.

Heat oil in frying pan, sauté onion until it becomes translucent. Lowish heat for about 10 mins. Keep stirring with wooden spoon

In an electric food processor, grind lentils, onions and walnuts until your desired consistency for the paté is reached. I don't like it too processed. You want to achieve a slightly rough chopped liver consistency. Season to taste with about a tsp. of veg bouillon and pepper. Chill before serving.