

Mushroom Walnut Loaf w/ Mushroom Gravy



Recipe Notes

This recipe might look complicated, but it isn't. There is plenty of time to make the gravy and your sides while the loaf bakes.

Mushrooms: The recipe uses 1 pound of mushrooms, divided between the loaf and the gravy. You can use any kind; I like the brown creminis. Wash and dry the mushrooms; break the stems out of half. Use the stems with the half that go in the loaf. For the loaf, roughly chop the mushrooms, then pulse them in a food processor until the pieces are very small and uniform. Don't let it go long enough to make a paste. For the gravy, slice the rest of the mushrooms.

Nuts: The recipe calls for walnuts, but pecans would also work. Unless you go through them very quickly, store all nuts in the freezer. To toast them, toss directly from the freezer into a dry skillet over medium heat. Toss and cook until nuts begin to brown and you can smell the toastiness. Keep your eye on them; they can go from perfect to burnt in just a minute.

Fresh Herbs: Use any fresh herbs you like; I used thyme & sage, but basil and parsley would also work.

Rice: Press the easy button; I used pre-cooked rice from a shelf stable pouch.

Cheese: Any combination of shredded cheeses will do.

Serves: The recipe makes 1 full-size loaf, that serves 4 to 6, depending on the rest of the menu. It's an easy recipe to double.

Ingredients

For the Loaf

1 small onion, chopped
1 TBSP canola oil
½ LB mushrooms, minced in food processor
2 cloves garlic, minced
1½ C cooked brown rice
6 oz walnuts, toasted & finely chopped in food processor
3 eggs
6 to 8 oz cottage cheese, drained
2 TBSP whole seed mustard
2 TBSP fresh herbs, chopped
4 oz cheese, shredded
Salt & pepper

Directions

Make the Loaf

1. Preheat oven to 375°
2. In a large pan, sauté onion in oil until it begins to soften.
3. Add mushrooms & garlic. Season with salt & pepper and continue to cook until they release their water, and the pan is dry.
4. Meanwhile line the loaf pan with parchment paper.
5. In a large bowl, combine rice, toasted walnuts, & fresh herbs.
6. In a separate bowl combine eggs, cottage cheese, & mustard.
7. Toss cooked mushrooms with nut mixture.
8. Add some of the mushroom/nut mixture to cottage cheese mixture; combine. Then add the rest. Stir well to combine.
9. Add cheese; stir well to combine. Taste for seasoning; add salt & pepper. (If you are worried about the raw egg, fry up a small patty to taste.)
10. Bake at 375° for 50 to 60 minutes, until the loaf is brown and the inside temperature is 165° or more.

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For the Gravy

½ LB mushrooms, sliced
1 shallot, minced
¼ C canola oil
¼ C flour
2 C vegetable stock
Salt & pepper

Meanwhile, Make the Gravy

1. In a large skillet, sauté sliced mushrooms & shallot until they soften and lose most of their water.
2. Add flour, combine and stir for about 1 minute, until vegetables are covered with flour.
3. Starting ½ C at a time, add broth and combine using a whisk. Work slowly enough to make sure stock is well incorporated and no lumps form.
4. When all stock is added, bring to a simmer for about 2 minutes to cook flour.
5. Turn down heat; taste for seasoning; add salt & pepper.

Serve

When loaf is done, rewarm gravy. Remove loaf from pan, by lifting out the parchment paper. Slice the loaf; top each slice with gravy. Serve with mashed potatoes (or a combo of mashed root vegetables) and a simple green salad.