

Mushroom Walnut Loaf w/ Mushroom Gravy



Mushrooms: I used 4 large portabella mushrooms (remove stems & scrape away gills with a spoon.) They have rich umami flavor, but any mushrooms will work for the loaf. For the gravy, use thin slices of button shaped mushrooms.

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 cheeses will do.

Serves: The recipe makes 2 full-size loaves. Each one serves 6 to 8, depending on the rest of the menu. To save the second loaf for another time, wrap it in plastic, then foil to freeze for later. Don't forget to freeze half the gravy too.

Ingredients

For the Loaf

1 medium onion, chopped
2 TBSP canola oil
1 LB mushrooms, minced in food processor
4 clove garlic, minced
3 C cooked brown rice
12 oz walnuts, toasted & finely chopped in food processor
6 eggs
1x16 oz container cottage cheese
¼ C whole seed mustard
2 TBSP fresh herbs, chopped
8 oz cheese, shredded
Salt & pepper

For the Gravy

1 LB button-style mushrooms, sliced
1 large shallot, minced
¼ C canola oil
½ C flour
1 QT vegetable stock
Salt & pepper

Directions

Make the Loaf

1. Preheat oven to 350°
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 2 loaf pans with parchment paper.
5. In a large bowl, combine rice, walnuts, & fresh herbs.
6. In a separate bowl combine eggs, cottage cheese, & mustard.
7. Toss mushrooms with nut mixture.
8. Add about a cup of mushroom mixture to cottage cheese mixture; combine. Then add cottage cheese to rest of ingredients. 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.)

Make the Gravy

1. In a large pan, sauté 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 1C 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 low boil for about 2 minutes to cook flour.
5. Turn down heat; taste for seasoning; add salt & pepper.

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 a simple green salad.