

Stella Cadente

Pea Pate

Posted by Administrator on March 19, 2012 in [Fruits & Vegetables](#)

3 cups of raw pea/bean sprouts
red and green lentils,
garbanzos beans
peas (peas seem to be the ingredient that puts this over the top) adzuki beans
1/2 to 3/4 cup of sublime Stella Cadente Meyer Lemon olive oil
1/4 cup warm water
1/2 to 1 tsp of good sea salt

Grind up the peas in a blender, not a food processor. If you can rinse them and pull off the hulls, you can get a better paste, but less fiber; it's a tradeoff. You have to keep stopping and helping them to get chopped up.

Once they are finely chopped, drizzle the oil through the lid of the blender slowly. Stop and help out with a wood spoon when the blender plasters everything to the sides of the jar.

Add salt; add water, and keep drizzling, until you get the smoothness of pate you desire. Serve with a fine leafy sprout on top. I used arugula sprouts. The pepperiness was divine against the fulsome lemony flavor. I tried adding garlic to a small portion of the batch, and it fought the lemon. I tried the same with tahini: inferior.

This recipe highlights the greatness of the oil just perfectly. It's almost as good as slurping spoonfuls, but since it is authentic "raw" and "vegetarian" food, it's very very good for you, probably a tad better than straight olive oil.

Recipe courtesy of Janet Snoyer, New York

(Janet is a vegetarian that suffers from food allergies and she discovered a recipe that really works well with our Meyer Lemon Oil)

Stella Cadente Olive Oil P.O. Box 37
Palermo California 95968
Tel:800-305-1288
Fax:707-961-6001
stella cadente@pacific.net

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