

Cashew Mushroom Loaf

Contributed by
Sunday, 04 May 2008

- 1 Tbsp. vegetable oil
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 8 oz. cashews
- 4 oz. bread crumbs
- 3 medium parsnips, cooked and mashed
- ½ tsp. dried rosemary
- ½ tsp. dried thyme
- 1 tsp. nutritional yeast (optional)
- ¼ pint hot water
- Salt and freshly ground pepper (to taste)
- 1 oz. margarine
- 8 oz fresh mushrooms, chopped

Preheat oven to 350 degrees F. Heat oil and saute onion and garlic until soft. Grind the cashew nuts., then mix with the bread crumbs. Mix in the mashed parsnips and herbs. Add cooked onion mixture, being sure to scrape all the juices into the mixture. Dissolve the nutritional yeast in the water and add to the vegetable and nut mixture. Season well. Melt the margarine in a skillet and saute the chopped mushrooms until soft. Grease a loaf pan, then press in half the nut mixture. Add mushrooms, then top with the rest of the nut mixture. Press in well. Cover with foil and bake for 1 hour. When cooked, remove the pan and let stand for 10 minutes before turning onto a plate. Serve hot or cold. Slice to serve.