



Excerpted from the book [KINDNESS & SALT: Recipes for The Care & Feeding of Your Friends and Family](#) by Ryan Angulo and Doug Crowell. Copyright © 2018 by Ryan Angulo and Doug Crowell. Reprinted with permission of Grand Central Life & Style. All rights reserved.

part
two

LENTIL & WALNUT PÂTÉ

Makes about 4 cups

2 tablespoons
CANOLA OIL

1 small
ONION ,
roughly chopped

3 cloves
GARLIC ,
roughly chopped

½ cup plus 2 tablespoons
TOASTED WALNUTS
(see page 49/not included)

2 cups
BELUGA LENTILS

6 cups
WATER

1
BAY LEAF

¼ cup
WHITE MISO

¼ cup
SOY SAUCE

1 tablespoon
APPLE CIDER VINEGAR

1 tablespoon
FRESH THYME LEAVES

2 tablespoons
EXTR A-VIRGIN OLIVE OIL

The best pâtés are usually made out of animals, sometimes a few of them at once, but this earthy vegan pâté has won the hearts of many committed carnivores. Miso and soy bring the umami to this plant-based party. We serve this pâté with crunchy pickled vegetables and chewy, dark rye bread; you could also use those components to make yourself a hearty sandwich.

In a heavy-bottomed saucepan or Dutch oven, heat the canola oil over medium heat and gently cook the onion and garlic, stirring frequently, until they're translucent, about 8 minutes. Add ½ cup of the toasted walnuts and continue to cook, stirring occasionally, until everything is lightly caramelized. Add the lentils, water, and bay leaf and bring just to a boil. Reduce the heat and simmer, stirring frequently, until all the liquid is absorbed and the lentils are soft, about 30 minutes.

Remove the bay leaf and carefully transfer the cooked lentil mixture to a food processor. Add the miso, soy sauce, vinegar, and thyme and process until smooth. Spread the pâté on a serving dish and allow it to cool. Alternatively, let it cool and then press it into a mold or decorative shape.

To serve, chop the remaining 2 tablespoons of toasted walnuts and sprinkle them over the top of the pâté, then drizzle with the olive oil. This pâté may be served cool or at room temperature and will keep in an airtight container in the refrigerator for up to a week.