

10K Vegan Faux Gras

10 oz. dry chickpeas
2 sticks Earth Balance vegan butter (room temperature)
2 oz. finely sliced crimini mushrooms
1 oz. Marsala wine
2 tsp. finely chopped flat-leaf parsley
1.5 oz. finely diced shallots
4 cloves garlic, crushed in a press or finely diced
2 tsp. kosher salt
1/2 tsp. finely ground black pepper
1/2 cup cream substitute (Mimic Crème brand)
1/4 oz. very finely diced beet

- Soak the chickpeas for 24 hours. Boil until tender (approximately 1 hour) and drain completely. Set aside to cool.
- Melt 1 tablespoonful of the vegan butter in a sauté pan over medium heat. Add the mushrooms and cook for 1 minute, or until soft. Add the wine and parsley and reduce by half (approximately 30 seconds). Remove from the pan and reserve.
- Wipe the pan and return to medium heat. Add 2 tablespoonfuls of vegan butter, and let it melt and start to foam. Reduce heat to low and add the shallots. Sauté until soft. A little color on the shallots is OK, but dark brown is not. The shallots should be soft and translucent within 3 to 5 minutes. Add the garlic, salt, and pepper. Sauté over low heat for 1 minute, but do not brown the garlic.
- Stir in the cream substitute. Bring to a low simmer and cover for 3 to 5 minutes. Add the remaining butter and let it melt completely, then add the reserved mushroom mixture. Cover and remove from the heat.
- Place the diced beets in a small pan with 2 tablespoonfuls of water over medium heat. Allow to steam until the water is almost completely gone, then remove from the heat completely.
- In a food processor, combine the chickpeas and the mushroom-shallot-cream mixture. Process until mostly smooth. Add in the beets and continue to process until the mousse has taken on a smooth but slightly grainy texture and the beets have infused it with a light pink color.
- Pour the mousse into a small bowl or ramekin lined with enough plastic wrap to be folded and sealed over the top. Form the bundle into whatever shape is desired (e.g., a "lobe"). Chill for at least 3 hours. Serve at room temperature or slightly chilled on toast points or slices of hard, crusty bread, such as a baguette. Leftovers can be rechilled and will keep, sealed, for a week to a week and a half.

To Sear and Serve:

Prepared 10K Vegan Faux Gras (molded and chilled)
8 oz. Minneola tangelo juice or 8 oz. blood orange juice
4 oz. merlot
4 whole cloves
1/8 tsp. nutmeg
2 firm nectarines, pitted and sliced approximately 1/4-inch thick

Canola oil

Baguette or other similar crusty bread, sliced on a bias, 1/4-inch thick

3 sprigs chervil

- To sear the pâté, it must be further processed via a modified torchon method. Cut a 12-inch square of cheesecloth. Form the chilled pâté into a "snake" approximately 2 inches in diameter and wrap the cheesecloth around it completely and tightly. Roll each end and secure with string. Hang from one end in a refrigerator for approximately 3 days. This will draw some of the moisture out of the pâté and allow it to be sliced and then seared. Without this step, the pâté will simply melt because of its high fat content.
- In a pot over medium-high heat, combine the citrus juice, merlot, cloves, and nutmeg. Bring to a boil and then reduce to a simmer.
- Place the nectarine slices in the liquid and cover. Stew for approximately 20 minutes. The fruit should take on the color of the liquid but remain firm.
- Remove the fruit from the liquid, strain through a cheesecloth, and reduce to a thick syrup.
- Prepare a pan in which to sear the faux foie gras. Coat a heavy-bottomed frying pan (preferably cast-iron) in canola oil over high heat. When it just begins to smoke, it is ready.
- Unwrap the prepared faux foie gras and immediately slice into 1/2- to 1-inch slices. Sear on one side for no more than 30 to 45 seconds. The pan must be smoking and the slices must be chilled or the faux foie gras will reduce to nothing. After a nice sear is attained, flip the slices and repeat for no more than 30 seconds.
- Immediately place on bread slices and serve with the slices of nectarine, topped with the reduced sauce. Garnish each slice of the seared faux foie gras with a single leaf of chervil.