

Nut Pâté

Preparation time: 15 minutes

Baking time: 50 minutes

1 cup ground nuts or sunflower seeds
1/2 cup cornmeal, kamut, teff, or amaranth flour
1/2 cup yeast flakes
2 tsp parsley
1 tsp basil
1 tsp thyme
3/4 tsp salt
1/4 tsp sage
1 tsp sea kelp

1 1/2 cup water
4 tsp prepared horseradish
2 tbsp tamari soy sauce
1/3 cup olive oil
1 cup grated orange yam or white potato

Mix dry ingredients. Add wet ingredients in order given and mix well. Spread evenly over a lightly oiled pie plate. Bake at 350°F for fifty minutes or until firm and browned. Cool one to two hours and chill thoroughly.