

Mushroom-Seed Loaf | Keto, Low-Carb & Vegan-Friendly

Swick

Serves 8 to 10 | Active Time: 40 minutes | Total Time: 1 hour 15 minutes

Step 1: Preparing Your Mise en Place

- 4 tbsp flax meal + 6 tbsp water
- 2 cups diced onion
- 2 cups diced mushrooms
- 1 cup brunoise carrot
- 1 cup brunoise celery
- 1 cup cauliflower rice*
- 2 tbsp minced garlic
- 1/2 cup sunflower seeds
- 3/4 cup hemp seeds
- 1/2 cup almond flour
- 2 tbsp finely chopped herbs (such as thyme, rosemary)
- 1 to 2 tsp Poultry Seasoning, optional*
- 1/2 tsp dried sage
- 1/4 tsp cayenne
- 2 tbsp Dijon mustard
- 2 tbsp soy sauce

To start, combine together the flax meal and water and then set aside while you prepare the rest of your mise en place.

*Note: To make cauliflower rice, place pieces of cauliflower into a food processor and pulse until you reach a rice-like texture. For the best results, use the large grater attachment on your food processor and feed the pieces of cauliflower through the top — this produces a more rice-like texture.

Note that the amounts here do not have to be exact. Also, feel free to experiment with other flavorings. For example, we often make this loaf with added ingredients like Kalamata olives, sun-dried tomatoes, toasted fennel seeds, chili flakes, onion powder, nutritional yeast, and balsamic vinegar.

In regards to the poultry seasoning, we typically add it to the recipe but just know that it does add the sort of classic holiday taste to the loaf — which we love.

Step 2: Starting the Loaf

- 1 to 2 tbsp cooking oil
- sea salt, to taste
- freshly ground black pepper, to taste

To start the loaf, preheat the oven to 350°F (175°C) and spray one large loaf pan (or 2 smaller) with cooking spray.

Next, heat a large fry-pan over medium-high heat and then add a bit of oil, followed by the mushrooms, as well as a pinch of salt and pepper.

Sauté the mushrooms until all of the moisture has evaporated and they have started to brown. Just before finishing, add the garlic and let cook for approximately 30 seconds and then remove from the pan and set aside.

Next, re-heat the frypan to medium heat and then add a bit more oil, followed by the onions, carrots, celery and a bit more salt and pepper. Once the vegetables are almost done, add the cauliflower. Once the vegetables are soft and translucent, turn off the heat and let sit while you prepare the seed mixture.

In a food processor, add the sunflower and pulse until they are similar in size to the hemp seeds. At this point, add the hemp seeds, almond flour, spices, and seasoning. Pulse a few times to gently combine the ingredients.

Transfer this seed mixture to a large bowl and set aside.

Next, add the mushrooms and onion mixture to the food processor and pulse once or twice, just to combine the ingredients and break them down slightly.

Transfer the vegetable mixture to the seed mixture and then add the flax eggs, Dijon and soy sauce and mix to combine the ingredients. Taste the mixture for seasoning, adding more salt and/or freshly ground black pepper as needed.

Lastly, place the mixture into the prepared loaf pan(s) and place it into the oven.

Step 3: Baking & Serving the Loaf

Bake the loaf for 45 minutes to 1 hour and 15 minutes, or until it is somewhat firm to the touch when pressed and/or until a fork comes out clean.

Once done, remove the loaf from the oven and let sit for at least 30 minutes before removing it from the pan. When ready, run a knife along the edge of the pan and then carefully remove the loaf from the pan before slicing.

Serve this loaf with your favorite vegetables. This loaf goes particularly well with with steamed green beans, Cauliflower Mash and a sauce made from equal parts red wine and a reduced version of this Simple Mushroom Stock. For the mushroom stock, simply reduce it down until you reach a thick sauce-like consistency.

Chef's Notes

To make individual loaves, either use a pan designed for that purpose or use a muffin tin.

Any leftovers will keep for several days in the refrigerator, or they can be frozen.