



# COMPASSION OVER KILLING

## *Faux Gras Paté*

Makes 10 servings

10 oz Chai-Pow Yu Vegetarian Abalone or mild-flavored seitan (approx. 1 can or pack)

15 oz/425 g garbanzo beans, cooked (1 can)

8 oz/227 g raw walnuts

4 oz/118 ml soymilk (or other nondairy milk)

2 oz/60 g Earth Balance or vegan butter

2 oz/60 g Vegenaïse

3 tbsp/30 ml Marmite (yeast extract)

1/4 tsp/1 ml white truffle oil

1 package of [Unflavored Vegan Jel by Natural](#)

[Desserts](#)\*

Salt as desired



1. Place abalone or seitan, beans, nuts, vegan butter, vegenaïse, marmite, and truffle oil into a blender. Process until smooth, stopping to scrape down sides. Transfer to a bowl.

2. In a small sauce pan over medium high heat, bring the soymilk to a boil. Quickly whisk the vegan jel into the hot soymilk.

3. Pour the jelling soymilk over blended mixture and mix completely.

4. Fill a greased dish with the paté and chill for at least two hours. Remove from dish, slice and serve.

• Note: Agar agar can be substituted for Vegan Jel, but will not stand up to reheating). The jel can be omitted for a smooth spread consistency.