

Vegetarian Chopped Liver (Mock Chopped Liver) [w/mushrooms and walnuts]

from <http://www.fortunecity.com/millennium/southwater/113/vegchopliv.htm>

Ingredients

3 T Oil
1/2 lb. Chopped Mushrooms
1 Medium Onion, finely chopped.
1 Cup Chopped Walnuts
1T Water
Pepper & Salt to taste

Method

Sauté mushrooms and onions in oil for about 8 minutes; until they are soft and most of the oil has been absorbed. Put into a blender or food processor, add nuts, seasoning, and water. Chop/blend until mixture is a fine.
[chill overnight!]

Makes 1 cup of "mock" chop liver

Veggie "liver" [w/mushrooms and string beans and walnuts]

From <http://catteacorn.com/vegan-a.htm#liver>

Ingredients

1 teaspoon light oil (sunflower, etc.)
1 small onion, chopped
3/4 pound fresh mushrooms, chopped
1/2 pound green beans, trimmed and cut into 1" pieces
1/4 cup walnut meats
1/4 cup water
Salt and ground black pepper to taste

Method

Heat oil in a heavy skillet over medium-high heat. Add the onions and sauté for about 2 minutes. Add the mushrooms and green beans, and continue to sauté for another ten minutes, until vegetables are soft. Remove from heat and transfer to a food processor bowl. Add in the walnuts, water, and seasonings, then process the mixture until smooth and creamy. Adjust seasonings if necessary, then transfer to an airtight container and chill thoroughly. Serve as a dip with raw vegetables or as a spread with bread or crackers.

About 6 servings

Vegetarian Chopped Liver [w/string beans and eggs, and walnuts]

<http://www.thefoodmaven.com/diary/archives/00000032.html>

Ingredients

2 tablespoons salt
2 pounds stringbeans, trimmed and washed
4 medium onions, sliced or chopped (about 4 cups)
3 tablespoons vegetable oil
5 large or 4 extra-large eggs, hard-cooked and shelled
1 cup shelled walnuts
3/4 to 1 teaspoon salt
1/2 teaspoon freshly ground black pepper

Method

Bring about 5 quarts of water to a rolling boil. Add the 2 tablespoons of salt and the stringbeans and boil the beans for 7 to 9 minutes, until tender. Drain and set aside to cool.

In a 9- to 10-inch skillet, fry the onions in the oil until many of the onions are browned, some of them rather dark. Start the onions on high heat and fry for about 5 minutes, tossing frequently, then reduce the heat to medium and fry, stirring occasionally, for another 15 minutes or so.

In a food processor, fitted with the metal blade, combine half the walnuts, half the fried onions, and half the stringbeans. Chunk up 2 or 3 of the eggs and add to the processor. Pulse the processor until the mixture is quite fine (but not pasty) and resembles chopped liver. Stir down the mixture a couple of times during the processing. Turn into a mixing bowl and process the remaining ingredients.

Stir the two batches together, adding salt and pepper as you do. Cover and refrigerate at least a couple of hours before serving. The "liver" tastes even better the next day.

Makes 7 cups

Vegetarian Chopped Liver (Pareve) [w/peas and beans and eggs and walnuts]

http://kosherfood.about.com/od/vegetarianmaindishes/r/vegie_chopliver.htm

From Giora Shimoni

Ingredients

6 tablespoons oil
2 large onions, chopped
1 1/2 cups peas
1 cup green beans
3 hard-boiled eggs
30 walnut halves
1 teaspoons salt
1/2 teaspoon pepper

Method

1. Fry onions in oil until soft. Add vegetables, and fry until tender. Season with salt and pepper.
2. Put vegetables into a food processor. Add eggs and nuts. Process until smooth.
3. Add oil if dry.
Add spices if bland.
4. Chill several hours or overnight in an air-tight container.

NOTES: 1/4 pound of mushrooms can be used in place of the peas and beans.

Brighton Beach Sid's Famous Vegetarian Chopped Liver Recipe

From <http://www.recipezaar.com/37833>

Ingredients

- 1 cup walnut pieces
- 1-2 tablespoon vegetable oil
- 2-3 cups onions, thin sliced or chopped
- 1 1/2 cups well cooked green beans, chopped (even canned works in this)
- 3 hard-boiled eggs, coarse chopped
- 3/4 cup cooked brown lentils
- 1 tablespoon tomato paste
- 2-3 tablespoons mayonnaise
- 1/2 teaspoon salt, to taste
- black pepper, to taste

Method

1. Lightly toast the walnuts in a heavy based pan.
2. Set aside.
3. Saute onions in the oil, cooking until golden (but NOT burned).
4. Add tomato paste to this and cook 1 more minute.
5. Remove from heat and cool slightly.
6. Add onion mix, toasted walnuts, and remaining ingredients to blender or food processor and grind together well (add a few spoons of water or vegetable broth, if necessary).
7. Taste for additional salt and pepper.
8. Chill for 4 hours (this also allows the flavour to develop).
9. Bring to room temperature for serving.