

Tenzo Helena's Nut Loaf

The Tassajara Nut Loaf recipe was originally published in The Tassajara Recipe Book by Edward Brown. This version was served during the 2024 Wildland Firefighters retreat, much to everyone's delight!

It's a good way to use any leftover cheese you may have accumulated. The type of cheese you can use is flexible, but try to include some strongly-flavored cheese such as Brie, Gorgonzola, Gruyère or Smoked Gouda.

1 onion, small dice	2 cups brown rice, cooked
1-½ cups mushrooms, sliced	¼ cup steel cut oatmeal, cooked
2 cloves garlic, minced	1 tablespoon rolled oats, uncooked
2 tablespoons parsley, minced	1-½ cups walnuts, toasted, ground
Splash of red wine (Cabernet or darker)	
	½ cup feta cheese, crumbled
½ teaspoon each (can be fresh or dried): thyme, oregano, marjoram, tarragon, basil rosemary	¾ cup smoked cheddar cheese, grated
	¼ cup jack cheese, grated
½ teaspoon* salt	4 eggs, beaten
¼ teaspoon pepper	2 tablespoons olive oil or butter

Preheat oven to 350 degrees F. If available, a convection oven will help the loaves set the best.

Sauté onions until translucent. Then add mushrooms, garlic, and seasonings in olive oil or butter until tender. Add a splash of red wine. Stir into mushroom-onion mixture all remaining ingredients, except eggs. Add enough cheese so that the mixture binds together firmly. Add more grated cheese and herbs to taste—the mixture should taste strong and savory.

Let cool down. Then add beaten eggs.

Thoroughly grease *two loaf pans* and line with parchment paper. Put nut loaf into pans, smoothing the top with a spatula. Bake for approximately 1 hour. Loaves should be golden brown and firm to the touch. Be sure not to overcook or they will tend to be dry. Let sit for 5 to 20 minutes; then turn out on a wire rack to cool. The loaves freeze well for up to 1 month.

**Helena suggests using less salt if more cheese is used.*