

MEATLESS MONDAYS COOKING CLASS

POINT LOMA HERVEY BRANCH LIBRARY
3RD MONDAYS...MONDAY, MAY 15TH, 6:00 - 7:30 PM

MASTER THE ART OF VEGGIE BURGERS FROM SCRATCH



Special thanks to these local grocers!

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MEDITERRANEAN VEGGIE BURGER

8 ounce block of tofu (firmest), frozen, defrosted, and crumbled

1 (15 ounce) can of garbanzo beans, drained and mashed

1/4 cup purple onion, diced

1/2 cup kalamata olives, chopped

1/2 cup artichoke hearts, chopped

1/2 cup red bell pepper, diced

2 cups fresh spinach, chopped

3 cloves garlic, minced

2 tablespoons fresh oregano, chopped (or substitute 1 teaspoon dried oregano)

Juice of two lemons

1/2 cup vital wheat gluten

1/2 cup whole grain bread crumbs

2 teaspoons lemon pepper

Freshly ground salt to taste

High heat oil spray for grilling

Accompaniments:

Red or Green leaf lettuce

Tomatoes, sliced

Cucumbers, sliced

Purple onion, sliced

Vegan mayo

Hummus

Pita chips

Antipasto vegetables

Olives

Artisan buns

Freeze a block of tofu overnight then place it in the refrigerator to defrost for two days before using.

Squeeze the excess water out of the defrosted tofu and crumble it by hand or in a food processor. Transfer the crumbles to a large bowl and add the drained garbanzo beans. Use a masher to mash them together.

Add the chopped onions, olives, artichoke hearts, red bell pepper, chopped spinach, minced garlic, and fresh oregano. Pour the lemon juice evenly over the mixture and stir to combine.

Sprinkle in the vital wheat gluten, bread crumbs and seasonings. Stir to combine then use clean hands to shape eight equal size burgers.

Heat a flat grill or large skillet to medium high. Spray a light amount of oil evenly over each patty then grill them 6-8 minutes on each side until firm and golden brown.

Prepare the buns by spreading a light amount of vegan mayo on the inside of each half. Place the mayo side down on the grill toast 1-2 minutes until the bun is warm and lightly browned on the inside.

Transfer the buns to a serving plate, place a little additional vegan mayo on the bottom half. Top each with a burger and a spoonful of hummus. Serve with lettuce, tomato, sliced onion, and freshly ground salt and pepper to taste.

Serve with an additional sides of hummus, pita chips and antipasto vegetables and olives. Makes six to eight patties.





LENTIL MUSHROOM ONION BURGER

The Burger:

8 ounce block of tofu (firmest) frozen, defrosted and crumbled
2 cups cooked lentils
1 1/2 cups cooked wild rice
1 cup celery, chopped
1 onion, divided
8 ounces sliced mushrooms, divided
3-4 cloves garlic, minced
1 cup fresh kale, stems removed and chopped
2 tablespoons fresh thyme
2 tablespoons fresh oregano
2 tablespoons fresh parsley
2 tablespoons white miso paste
zest and juice of 1/2 lemon
1/2 cup walnuts, chopped
1/2 cup vital wheat gluten
1/2 cup whole grain breadcrumbs
Freshly ground salt and pepper to taste
High heat oil for grilling

Accompaniments:

Caramelized Onions
Sautéed Mushrooms
Artisan bakery buns
Creamed horseradish
Sliced white vegan cheese
Butter leaf lettuce

Horseradish Mayo (1 teaspoon horseradish with 1/4 cup vegan mayo)

Freeze a block of tofu overnight then place it in the refrigerator to defrost for 48 hours before using.

Squeeze the excess water out of the defrosted tofu and crumble it by hand or in a food processor. Transfer the crumbles to a large bowl and add the cooked lentils and rice. Use a masher to mash them together then set the bowl aside.

Dice half the mushrooms and half the onion. Reserve the remaining onion and mushrooms to saute them separately to serve as toppings.

Heat a large skillet to medium high. Add a light spray of oil and sauté the chopped celery and onions or 3-4 minutes to soften. Add the chopped mushrooms, minced garlic, and chopped kale. Continue sautéing an additional one to two minutes then stir in the chopped herbs, miso, lemon juice and zest. Stir to combine then remove from the heat and transfer the mixture to the large bowl with the mashed lentil mixture. Stir to combine. Add the walnuts, vital wheat gluten and season to taste.

Divide the mixture into eight even patties. .

Heat a flat grill to medium high. Lightly oil the grill then cook each patty for 8 minutes on each side or until firm and well browned. During the last 3-4 minutes of cook time place a slice of vegan white cheese on each patty.

Spread the mayo on the inside of each bun and transfer them to the hot grill mayo side down and grill until lightly browned. Transfer the bottom half of the bun onto a serving plate. Top it with lettuce, the grilled patty, and a serving of caramelized onions, sautéed mushrooms and creamed horseradish. .

BAJA BURGER

The Burger:

1 (12 ounce) package soyrito
1 (15 ounce) can of black beans, drained
1/2 cup sweet yellow onion, diced
1/2 cup red bell pepper, diced
1/4 cup fresh cilantro, chopped
1 cup tortilla chips, crumbled and ground
1/2 cup vital wheat gluten
Freshly ground salt and pepper to taste
High heat oil for grilling

Accompaniments:

Bollo Mexican Rolls
Vegan mayo
Sliced vegan cheddar
Red or green leaf lettuce
Purple onion slices
Avocado Slices
Sliced tomatoes

Place the soyrito and black beans in a large bowl. Use a masher to mash and combine them.

Heat a large skillet to medium high. Add a light spray of oil and sauté the onion and red bell pepper for 3-4 minutes to soften. Transfer the mixture into the bowl with the soyrito and black beans then add the fresh cilantro, crumbled chips and vital wheat gluten. Stir to combine then divide the mixture into eight even patties.

Heat a flat grill to medium high. Lightly oil the grill then cook each patty for 8 minutes on each side or until firm and well browned. During the last 3-4 minutes of cook time place a slice of vegan cheddar on each patty.

Spread the mayo on the inside of each bun and transfer them to the hot grill mayo side down, grill until lightly browned. Transfer the bottom half of the bun onto a serving plate. Top it with lettuce, the grilled patty, sliced onion, avocado, and tomato.

