

Recipe
Veggie Burgers

By
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Buns

Ingredients

- 3 C all purpose flour
- $\frac{3}{4}$ Tsp salt
- $\frac{1}{2}$ C warm water
- 1 Tsp sugar
- 1 Tsp active dry yeast
- 1 Tbsp oil
- $\frac{1}{2}$ C warm milk

Preparation

1. In a large mixing bowl, combine the flour and salt.
2. In a small mixing bowl, combine the water, sugar and yeast. Set aside for 10 minutes or until frothy.
3. Add the yeast mixture, milk and oil to the flour. Form into soft dough and place in a greased bowl. Cover and let rise in a warm place until doubled in size, about 1 hour.
4. Punch down the dough. Turn onto a lightly floured surface and divide the dough into 6 equal balls.
5. Flatten the balls a bit from one side and place the flattened side on a greased baking sheet. Cover and let rise until doubled, about 15 minutes.
6. Bake in a preheated oven at 450 F/200-230 C for 15-20 minutes or until golden. Remove from pans to wire rack to cool.

Tomato Sauce

Ingredients

- 1 Tbsp oil
- $\frac{1}{2}$ Tsp yellow asafetida powder
- 2 green chilies chopped
- 1 dry red chili
- Puree from 2 large tomatoes
- $\frac{1}{2}$ Tsp paprika
- $\frac{1}{2}$ Tsp salt
- 2 Tsp brown sugar
- Juice of $\frac{1}{2}$ lemon

Preparation

1. Heat oil in a saucepan over moderate heat. Add asafetida and when it sizzles, add the chilies. Add the tomato puree and the remaining ingredients.
2. Stirring often, cook uncovered over low heat for 20 minutes or until thickened. Allow to cool.

Yellow Mustard Sauce

Ingredients

- 1/8th C yellow mustard powder
- 1/8th Tsp turmeric powder
- 1/8th Tsp salt
- 1/2 Tsp sugar
- 1 Tbsp lemon juice
- 1/2 C water
- 1/2 Tbsp oil
- 1/4th Tsp yellow asafetida powder

Preparation

3. In a mixing bowl, whisk together the 1-6 ingredients until smooth.
 4. Heat oil in a small sauté pan over moderate heat. Add asafetida and when it sizzles, add the mustard paste. Stirring often, cook on low heat for 15-20 minutes until thickened. Transfer to a bowl and allow cooling.
- * Yellow mustard powder is tangy and strong. Reduce the quantity if you prefer a milder flavor.

Patties

Ingredients

- 1 medium potato, peeled and cubed
- 2 carrots, peeled and cut in chunks
- ¼ C whole green moong dal
- ½ C peanuts
- ½ C bread crumbs
- 1 Tbsp chopped fresh coriander leaves
- ½ Tsp each dried parsley and basil
- ½ Tsp yellow asafetida powder

- 1 Tsp curry powder
- 1 Tbsp soy sauce
- ¾ Tsp salt
- oil for pan frying

Preparation

1. Boil the potatoes, carrots and moon dal until tender. (Alternately you could pressurize all three together just for 1 whistle) Drain and mash them. Set aside to cool.
2. Coarsely grind the peanuts.
3. In a large mixing bowl, combine the mashed vegetables, dal, grinded peanuts, bread crumbs, spices and other ingredients. Knead until well blended and divide into 6 parts. (If the mixture is loose, add more bread crumbs as necessary). Roll each part into a ball, and then flatten into a smooth round patty about ½-inch thick.
4. Heat a film of oil in an iron griddle or nonstick pan over moderate heat. Place 3-5 patties arranged in a single layer. Pan fry the patties on each side slowly over medium-low heat until crisp and brownish.

To serve you need:

- A few cucumber slices
- Tomato slices
- Cheese slices
- Lettuce leaves

Cut the buns in half. Smear the inner portions with the two sauces prepared. Place lettuce leaves on the base portion of the bun, then patty, tomato slice, cheese slice, cucumber slices and lastly the top half of the bun. Fix with a toothpick and serve.

** You may choose your own favorite fixins too for your veggie burgers.

Yield

6 Burgers

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Hare Rama Hare Rama Rama Rama Hare Hare**