

Some months ago we started one of our silly little experiments. A Vegetarian recipe for each letter of the alphabet (<u>Vegetarian Alphabet gig here!</u>) For various reasons it was put on the back burner. But it?s time to do the last few letters, so we can set ourselves another challenge.

So Urad Dal - Black Lentils? works well for?U?

## Ingredients:-

30g of Urad Dal

30g of Green Lentils

- 1 Tin of Kidney Beans, drained and rinsed
- 1 Onion, finely diced
- 1 Fresh Red Chill, finely chopped
- 1 Large Potato, skinned, boiled and mashed
- 1 Tsp of Cumin Seeds
- 1 Tsp of Chilli Powder
- 1 Tsp Garam Masala
- 1 Tsp Lemon Juice
- 1/2 Tsp of Coriander Powder
- 1 Tbsp of Cornflour
- 1 Tbsp of Mixed Herbs
- 2 Cloves of Garlic, minced

Breadcrumbs to coats (Gluten free for us)

Flour to coats (Gluten free for us)

1 Egg, beaten for an Egg wash

Salt & Pepper Oil to fly

## Method:-

- (1) Soak the Urad Dal and Green Lentils overnight in lots of water.
- (2) Drain and rinse thoroughly and add to fresh water.
- (3) Bring to the boil and allow to simmer for 40 minutes.
- (4) Drain and set aside to cool.
- (5) Boil and mash the Potato.
- (6) In a large frying pan fry the Cumin seeds to release the aroma.
- (7) Add the Onion, Garlic & Chilli and stir for a few minutes.
- (8) Add the Chilli Powder, Garam Masala, Coriander Powder and Mixed Herbs.
- (9) Add the lentils / Dal / Kidney Beans to the frying pan and stir well to combine everything.
- (10) Add the Mashed Potato, Lemon Juice and Cornflour.
- (11) Season with Salt & Pepper if required.
- (12) Allow to cool enough to be comfortable to handle.
- (13) Form into Burger Patties.
- (14) Gently dredge in Flour.
- (15) Dip each Burger in the Egg wash and then coat in Breadcrumbs.
- (16) Place in the oven at 160c on parchment for about 20 minutes and turn after 10 minutes.

The Bread Buns were Sue?s own home baked Gluten Free version (Recipe here if you need it) As she worked in a well known Burger joint way back in time serving Dinosaurs she has a certain way of building a Burger? Bun base, Mayo, Lettuce, Onion, tomato, Burger, Melted cheese, fried Garlic Mushroom & Onion, Lettuce, Onion Pickle, Bun lid. (Maybe, who knows, she?s too fast for me!) But realistically have whatever combination you fancy.

Unlike a meat based burger these did not contract when cooking. So they were huge! It?s a good job we don?t mind eating cold leftovers! We might not be posting recipes for a couple of days. Sensibly the quantities would feed a family of 4 to 6 in smaller buns. But they were/are still very tasty!!!!!