



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early January 2021

Veggie burgers with pickled carrot and spiced potato wedges

Did someone say burger and chips? Well yes, but nothing deep fried here. These veggie burgers are a bit more effort than a takeaway but I hope you'll agree they are worth it. The pickled carrot is entirely optional, you can add whatever toppings you like to yours. You can make the pickle while everything is in the oven or earlier in the day. It will also keep in a jar in the fridge for a few days.



Ingredients

For the burgers

- 1 onion
- 2 cloves garlic, peeled
- 150g mushrooms
- 1 tin kidney beans
- 1 tsp soy sauce
- 50g breadcrumbs
- 100g mozzarella (or other mild cheese)
- 1 tbsp flour
- 1 tbsp olive oil

To serve- burgers buns, salad, condiments

For the wedges

- 1 kg of potatoes (depending on appetite!)
- 1 tsp salt
- 1 tsp ground cumin
- 1 tsp paprika
- 2 tbsp olive oil

For the pickle

2 carrots

75ml white wine or cider vinegar

25g white sugar.

You will need -a frying pan, two baking trays, baking paper, a food processor, a chopping board and knife.

If making pickle - a small pot, a peeler, a bowl.

Serves 4

Method

1. First prepare your burgers. Using a food processor whizz your onion, garlic, mushrooms into small pieces.
2. Heat the oil and add the onion and mushrooms with a little salt and pepper. Cook gently for around 5 minutes until the liquid from the mushrooms has been released and then reabsorbed. Turn off the heat.
3. In the food processor again, whizz the drained kidney beans and add to the pan.
4. Either whizz or grate the cheese and if making breadcrumbs fresh, whizz them too (saving on washing up!) and add them too followed by the soy sauce. Give everything a good mix together. Have a little taste and season if needed.
5. Prepare your baking tray and use the flour to dust your hands and the tray. When cool enough to handle, separate the burger mixture to make four burger patties and place on the tray with space between them. Place the tray in the fridge to cool.
6. Turn the oven on to 200 degrees.
7. Scrub your potatoes and get rid of any pits but don't peel them unless you have to. Cut the potatoes into wedges and spread out on the second baking tray.
8. Drizzle the potato wedges with about 2 tablespoons of oil plus a generous pinch of salt, cumin and paprika and pop in the oven.
9. The potato wedges should take around 45 minutes and the burgers around 20, so set a timer for 25 mins then give the wedges a good shake and put the burgers in the oven too for a further 20 minutes. The wedges should be golden and crisp and the burgers well browned.
10. Serve in a burger bun with wedges and salad as desired.

Pickled carrots

1. Peel the carrots and cut into as thin strips as you can. (I use a julienne peeler which is a great wee gadget you can pick up for a few pounds) Place in a heatproof bowl.
2. In a small pan heat 75ml vinegar, 50ml water and 25g sugar. Heat until just boiling and stir to make sure the sugar has dissolved.
3. Pour the hot liquid over the carrots making sure the carrots are completely covered. A good way to do this is to cover the bowl with a small piece of baking paper and then weigh it down with whatever is to hand- I tend to use a jar.
4. Leave until needed and spoon the carrot from the liquid as required. You can also reuse the vinegar for a second batch if you like, just reheat.