

Shelaki's Vegan Burgers Version 2

Makes 6 healthy sized burgers or 8 smaller burgers. These burgers have a great texture and don't fall apart during cooking. Plus no "beany" sensation!

Rice ingredients (yield 1.5 cup cooked rice):

1 cup plus 2 Tbsp of water
1/3 vegetable boullion cube
1/2 cup brown rice, preferable Calrose type

Wet ingredients:

2 Tbsp psyllium husk (available at Bulk Barn)
1 cup vegetable broth or lightly salted water
2 Tbsp soy sauce or tamari
1 tsp Marmite
4 drops liquid smoke

Dry ingredients:

1/4 cup chickpea (besan) flour or other GF flour blend
1/2 cup oatmeal
2 Tbsp nutritional yeast (a flavouring, not an active yeast)
2 tsp onion powder
1 tsp garlic powder
1Tbsp smoked paprika

Additions:

1/2 cup chopped brown mushrooms
2 tsp oil for frying mushrooms, plus more for frying the patties
1/4 cup walnuts, coarsely chopped
1 Tbsp chia seeds

Directions:

Make the rice. Bring the water and boullion cube to a boil and add the rice. Turn the heat down to low and cook for approx 30 minutes until done. (Or use a rice steamer)

Saute the chopped mushrooms in the oil until nicely browned and no longer watery.

Whisk the wet ingredients together in a large bowl and set aside.

Mix the dry ingredients together in a bowl in another bowl.

When the rice is cooked, mix the dry ingredients into the wet ingredients and add the cooked rice. Stir in the cooked mushrooms, walnuts and chia seeds.

Form the dough into 6 large patties or 8 smaller ones.

Heat a skillet on medium heat and brush lightly with oil.

Put the patties into the hot pan and turn the heat down a bit. Loosely cover with a lid and cook for 8 minutes. Remove the lid and flip the patties and cook the other side for another 8 minutes. I like to use a cast-iron grill pan so the patties get nice grill marks.
(you can also BBQ them)