

CAULIFLOWER AND QUNIOA BURGERS, MAGIC GREEN SAUCE, HOW TO GRIND YOUR OWN MEAT FOR HAMBRUGERS

Chef Di: Wednesday 1-3 Class 7

SKILLS LEARNED

Making Veggie burgers
Grinding meat for hamburgers
Knife, grater, slicing skills

EQUIPMENT

Cutting board
Knife
List equipment used
Baking sheet
Cheese grater
Mini Chop
Food processor
Fry pan

INGREDIENTS

Spicy Cauliflower Burgers / Ground Chuck burgers

Ingredients

For the Cauliflower Burgers

- ¾ cup uncooked quinoa
- 1 head cauliflower (about 6 cups florets)
- 3-4 tablespoons oil, divided
- a few generous shakes of spicy seasoning - cumin, chili powder, cayenne, etc.
- ½ teaspoon garlic salt OR just a minced garlic clove or two
- ¾ cup breadcrumbs or ground almonds
- ¾ cup shredded Pepperjack cheese
- 3 eggs
- 1½ teaspoon salt

Burger Toppings

- a few good squeezes of lime juice
- ½ cup chopped cilantro
- ½ cup chopped purple cabbage
- [magic green sauce](#)
- [chipotle mayo](#)
- buns
-

Instructions

- 1 Preheat the oven to 400 degrees. Cook the quinoa according to package directions but only using 1 cup broth of water to keep it from getting too heavy.
- 2 Cut the cauliflower into florets, transfer to a baking sheet, drizzle with 1 tablespoon oil and sprinkle with spices to taste. Roast for 20-30 minutes. Let cool. Pulse through a food processor to form small pieces that stick together (see picture). We don't want PUREE here, but we do want enough mushiness to help it all stick together.
- 3 Combine the cooked, pulsed cauliflower with the quinoa, garlic salt, breadcrumbs, Pepperjack cheese, eggs, salt, and another teaspoon or two of spicy seasoning (cayenne will make it hot-spicy, so just add a few shakes



of that one). Form 10 patties.

4 In an oiled or nonstick pan over medium heat, cook the burgers until golden brown on each side, flipping very carefully to avoid breaking. Set aside on a paper towel lined plate.

5 Toss the lime juice, cilantro, cabbage, and a quick stream of oil together. Season with salt.

Arrange the burgers with: magic green sauce, the cauliflower burger, the slaw, and the chipotle mayo on top.

Magic Green Sauce: makes about 2 cups (8 servings) - serving size ¼ cup

INGREDIENTS

- 1 avocado
- 1 cup packed parsley and cilantro leaves (combined)
- 1 jalapeño, ribs and seeds removed
- 2 cloves garlic
- juice of one lime (or two - get lots of limey goodness in there!)
- ½ cup water
- ½ cup olive oil
- 1 teaspoon salt
- ½ cup pistachios (you can sub other nuts - see notes)

INSTRUCTIONS

- Pulse all ingredients - except pistachios - in a food processor until incorporated.
- Add pistachios and pulse until mostly smooth (depends on what consistency you want).
- Serve as a dip, spread, or sauce -- or add additional water or oil to thin the sauce for use as a dressing or a marinade.

NOTES

I did make this with other types of nuts like walnuts and almonds and it worked just fine, but the taste wasn't as good IMHO. If you can find shelled pistachios, it's worth the splurge!