

Mushroom Burgers or Croquettes

Serves 1 | Active Time: 45 minutes | Total Time: 6 hours

Swick

Chef's Notes

For a delicious Bolognese sauce, use the leftover burger mix, crumble on a dehydrator sheet and dry until crisp, then hand mix into your favorite raw red sauce and serve over your favorite raw or cooked pasta.

Step 1: Preparing the Burgers

- 2 cups raw walnuts, soaked in 4 cups of water for 3 to 4 hours to soften, and then drained
 - 3/4 cup raw pine nuts
 - 3 portabella mushrooms, diced and marinated in 2 tbsp tamari and 1 tbsp olive oil for approx. 15 mins or until soft
 - 3 tbsp red onion, minced
 - 1/3 cup cherry tomatoes halved (optional)
 - 1/3 cup broccoli florets, small
 - 1/2 cup fresh basil, torn
 - 2 tbsp lemon juice
 - 1 tbsp chile powder
 - 1 tsp sea salt (optional)
 - freshly ground black pepper, to taste
- To purée the nuts, using a juicer with the solid plate, push the walnuts and pine nuts through to make a smooth thick paté. Place mixture into a bowl.
- Add the remaining ingredients, including the excess marinade from the portabellas. Mix until thoroughly combined with the nut mixture.

Step 2: Forming & Drying the Patties

To dehydrate the burgers, on a dehydrator sheets, form the mixture into 1/2-dollar size patties and dehydrate at 115°F (45°C) for 4 to 6 hours.