

Grillable Steak Burger + Seasoned Air-fried Fries

When making burgers you need 2 things to ensure you have great grillable patties that don't fall apart:

- A. Use at least 2 binders. In this one I've used three: mashed beans, oats and 2 flax "eggs"
- B. Chill the mix as the temperature change helps the burgers fuse a little more
- C. Use a whole avocado in the mix. The fat helps retain just enough moisture to prevent crumbling.

- 2 tablespoons ground flax seed
- 1/4 cup + 1 tablespoon water
- 1 yellow onion, diced
- 2 cups gluten-free whole rolled oats
- 3 cups -OR- 2 14oz cans of black beans, drained and rinsed
- 1 6oz can tomato paste
- 1 ripe avocado
- 1 1/2 tablespoons steak seasoning (I like Penzy's Mitchell Street Steak Seasoning)
- 3/4 tablespoon BBQ seasoning (I like Penzy's Barbecue of the Americas)
- 1/2 tablespoon of both onion powder and garlic powder
- heavy pinch of both sea salt and fresh ground pepper

Directions

Combine the flax and water in a small bowl, stir well and allow to sit for 5-10 minutes until it thickens up.

To a hot pan, add the onion. Bring the heat down to medium and stir often. Add a tablespoon of water as needed if it begins to stick. When they begin to caramelize, transfer to a plate and set aside.

Add the oats to a food processor and pulse 3 times. Add the beans, onion and flax mixture and pulse a few more times until well-integrated, but not pasty. You want to see some of the oats and beans intact. Transfer the mixture to a large mixing bowl and add the tomato paste, avocado and spices.

Mix very well with your hands. Taste the mix and adjust for flavor. The mix should be very thick, almost a little tough to massage with your hands.

Cover bowl and refrigerate 2-3 hours to overnight.

Patty up the burgers into 8 patties measured about 2 1/2" round and 3/4" thick. With your thumb, carefully push a small divot in the middle of each burger, this will help them warm all the way through.

There are 3 ways you can prepare these:

1. Preheat oven to 375- degrees F, line a baking sheet with parchment paper and bake for 22 minutes
2. Pre-heat a large skillet and cook
3. Fire up the grill and cook those babies outside (my favorite!)

Oil-free Air Fried Seasoned Fries

Crispy on the outside and soft on the inside, these oil-free fries are just like the ones you'll get at any restaurant!

- 4 qts water
- 4 med Yukon Gold potatoes or Russet potatoes
- 1 Tbs salt
- 1 Tbs apple cider vinegar

Seasoning – *this is optional, you can simply place in air-fryer*

- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Paprika
- 3/4 tsp Salt
- 1/4 tsp Pepper

Directions

Add 1 Tbs salt to water and bring to a full rolling boil. Meanwhile clean and cut potatoes into steak fries. Place potatoes in another bowl of cold water until ready. Whisk all the seasoning ingredients together and set aside. Drain your potatoes and carefully add them to the boiling water.

Add 1 Tbs of apple cider vinegar and set your timer to 10 min. When finished, carefully drain your potatoes and rinse with cold water, add seasoning and gently toss with your hands. Place the fries on your baking sheet or air fryer basket.

Air fryer/convection oven : 8-10 min at 425 or until crispy. Reg Oven – 15-20 min in a preheated 425 oven or until crispy.

Note: Do not forget to add the vinegar. Here's some information from Serious Eats on why the vinegar is so important.

“Well everyone who's ever baked an apple pie knows that different apples cook differently. Some retain their shape, while others turn to mush. The difference largely has to do with their acidity. Thus super tart apples like Granny Smith will stay fully intact, while sweeter apples like a Macoun will almost completely dissolve. Just like a potato, apple cells are held together by pectin. Moral of the story: acid slows the breakdown of pectin.

What if rather than trying to fiddle with temperature, I just relied on the use of acid to help the potatoes keep their structure?

I tried bringing two pots of cut potatoes to a boil side by side, the first with plain water, and the second with water spiked with vinegar at a ratio of one tablespoon per quart. Here's what I saw:

The fries boiled in plain water disintegrated, making them nearly impossible to pick up. When I added them to the hot oil, they broke apart even further. On the other hand, those boiled in the vinegared water remained perfectly intact, even after boiling for a full ten minutes. When fried, they had fabulously crisp crusts with tiny, bubbly, blistered surfaces that stayed crisp even when they were completely cool. As for the flavor, if I tasted really hard, I could pick up a faint vinegary undertone, though I wouldn't have if I didn't know it was there. Even knowing it was there, it wasn't unpleasant at all. After all, I'm used to putting my fries in ketchup or mayo, both of which contain plenty of acid.” <https://www.serious eats.com/the-burger-lab-how-to-make-perfect-mcdonalds-style-french-fries>



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