

Carrot potato hamburgers

Posted on **October 10,2011** by **hiulitscuisine**

Ingredients:

(for 4 servants)

- 50 g soya protein (*textured soya protein*)
- 1 potato
- 1/2 onion
- 3-4 carrots
- breadcrumbs

Preparation time:

- 1:15h

Directions:

1. Bring some water to a boil (*just enough water to cover the soya protein*).
2. Let the soya stand in that water for 30 min.
3. Peel and boil the potato for 10 min. In the meantime, chop the onion and the carrot.
4. Blend the onion and the carrot in a blender to a fine paste. Add the boiled potato into the paste and mix them all (*mashing with a fork, for example*).
5. After the 30 minutes, strain well the soya (*with a clean tea towel, press the soya against the colander to remove all the water*).
6. Put together the soya and the potato, onion and carrot paste in a frying pan with some olive oil. Let it cook over a low flame. When it's quite done, add a glass of water. When there's no water left, finish mashing the paste with a fork. Season with salt and pepper to taste.
7. Stir to a doughy paste.
8. Turn off the heat and let it stand in a plate before chilling in the refrigerator for a minimum of 2h (*the paste will taste even better if it's made the day before and kept in the fridge overnight*).
9. Take the paste out of the fridge (*it must be now fairly consistent*) and add some breadcrumbs to finish.
10. Give shape, with your hands or with a hamburger press, and cook in a frying pan without oil (*or just some drops*), since it's all already cooked and it only needs to be heated up.

Posted in: American Cuisine, Featured, Main Courses, Recipes | Tagged: Breadcrumbs, Carrot, Onion, Potato, Soy Protein, Textured Soy Protein | With 1 comments