

## OLD MAN'S VEGGIE BURGER

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This one was a real surprise and one of my few that I consider to be true originals. This time it was a combination of “WTF to do for dinner” and “I need to use this food”. AND IT WAS FANTASTIC!!! It has butter and an egg in it, so this is not vegan (or very healthy for that matter!). It also has flour, so not gluten free. Ohhh, but it is so GOOD!

Side note: This is yet another example of how I take an incredibly long time to make stuff. This last one I started at 2023 and when did I end up eating? Right around 2320. I think I need to name my next cookbook “How to Waste Time Cooking.”

### INGREDIENTS

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<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	8 oz. Box	Cremini (Baby Bella) Mushrooms
2	Cups	Pinot Grigio
4	TBSP	Land o' Lakes Salted Butter
2	-----	Decent Sized Roma Tomatoes
1	-----	Decent Sized Shallot
1	-----	Head of lettuce
1	TBSP	AP Flour
1	-----	Extra Large Egg
AR	-----	Light Olive Oil
4	-----	Hamburger Buns of Choice

Mushrooms... I really don't know much about mushrooms, but apparently, the white button mushrooms, cremini mushrooms, and portabellas are all the same mushroom, just harvested at different times. I really don't know how this will work with others, but give it a try and see what happens

I know less about wine than I know about mushrooms, but THEY (you know... them) say that you should use wine that you like to drink for cooking too. I happen to like Yellow Tail. It is fairly cheap and tastes good to my unrefined pallet

Insert standard blurb about salted butter here

I like the Maier's Kaiser rolls for this one. I'll have to try it with Martin's potato rolls at some point, though

### SPECIAL TOOLS

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- 2 ~1/2 cup Ramekins [i]

## PREPARATION

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- 1) Rinse the mushrooms and let drain in colander for about 5 minutes or until needed [ii]
- 2) Small chop / dice (but not too small!) the mushrooms
- 3) Add mushrooms to the cast iron pan
- 4) Add the wine to the cast iron pan
- 5) Set heat to HI
- 6) Heat the mushrooms stirring occasionally until all of the liquid has evaporated. There should be no liquid pooling in the pan when you stir the mushrooms. You'll also probably hear the difference once it gets there too
- 7) Once, the liquid has evaporated, cook for an additional 1 - 2 minutes [iii]
- 8) Add 2 TBSP of butter to the pan and stir until melted and incorporated into the mushrooms
- 9) Cook an additional 2 minutes, stirring occasionally
- 10) Remove mushrooms and set aside in a medium or large glass bowl
- 11) Reduce heat to medium, maybe medium lowish
- 12) Whisk the egg in a small bowl, then fold into the mushrooms with a silicon spatula or wood spoon
- 13) Fold in 1 TBSP AP flour with a silicon spatula or wood spoon
- 14) Split the mushrooms between the two ramekins and place in the fridge for 15 minutes [iv]
- 15) Rinse the Roma's, slice, and set aside
- 16) Rinse the lettuce, hand tear, and set aside to drain [v]
- 17) Rinse the shallot and remove the outer paper
- 18) Slice the shallot along the long axis and set aside
- 19) Add enough LVO to the pan to coat the bottom
- 20) Take the burgers from the fridge and place in the pan
- 21) Squish the burgers down a bit with a spatula
- 22) Cover the pan with a heat dome (or lid) and set timer for 10 minutes [vi]
- 23) While the burgers are cooking, melt 2 TBSP of butter in the microwave
- 24) Brush the hamburger buns with the butter and toast light to middlin
- 25) When the 10 minute timer goes off, flip the burgers, re-cover the pan with a heat dome (or lid), and set timer for 10 minutes [vi]
- 26) If the burgers are not crustified enough to you liking, set the heat to HI and cook / flip until they are
- 27) Assemble the bun, lettuce, and tomato on the bottom buns
- 28) Place the burgers on top of the tomato
- 29) Add the shallot
- 30) Place the top bun and...
- 31) ENJOY!!!

## CLOSING THOUGHTS

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I actually have had a veggie burger idea on my list of stuff to do for quite a while now, but that one was with black beans. Based on the results of this one, I may have to bump that up on the list o' priorities. I am also curious as to how these will freeze. It would be nice to do the prep ahead of time

By the way, I am NOT a vegetarian, but if food tastes good, it tastes good!

## NOTES

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- i. Probably not 100% necessary, but these things are PERFECT for portioning burger sized things
- ii. THEY say you should not rinse mushrooms; you should just brush them off. BUT I agree with Andrew Rea who said, "Mushrooms are dirty". Besides, I know what they grow them in. This cooking method makes the whole point moot anyway
- iii. If it starts getting too brown, cut the time short
- iv. 15 minutes appears to work well for allowing the burgers to set. I have know idea how long they can sit. Maybe next time I'll try over night
- v. I could have used my salad spinner, but I was too lazy to pull it out
- vi. You may or may not need to adjust this time to meet your doneness / brownness preference

PICTURES

























