

0
Shares



Mushroom Walnut & Spicy Quinoa Burger (With A Smoky Tomatoed Pineapple Salsa)

Makes 4 large burgers (or 6 small ones)

I cannot express to what extent these burgers were filled with contrasting flavours and divine texture. As for the 'tailor-made' salsa, well that's in a league of its own – once you try it, you'll never stop making it for all sorts of savoury delights, especially bbq treats. So get ready, steady and let's go make these. Serve with a crunchy green salad.

0
Shares



INGREDIENTS

mineral water

$\frac{3}{4}$ cup quinoa (rinse well first)

3 medium sized mushrooms, finely chopped

1 large spring onion, or 1 red shallot, finely chopped

$\frac{1}{8}$ th cup mixed seeds (sesame, pumpkin, sunflower, flaxseed)

$\frac{1}{2}$ cup oats (process these slightly)

½ cup toasted walnuts, chopped

½ tsp miso

0

Shares 2 tsp ground flaxseed

tsp fine garlic granules

Tbsp flat leaf parsley, finely chopped

Tbsp (45 mL) teriyaki sauce

cup wholemeal breadcrumbs (use a little more if you want a denser consistency)

½ tsp chilli powder

1 tsp hot curry powder

the zest of a lime

flour for dusting



0
Shares



METHOD

1. Pour 1½ cups of mineral water in a saucepan, and place your quinoa in it. Bring to the boil, and then allow the quinoa to simmer gently until the water has reduced. Mix, and allow the water to evaporate so that you just have quinoa left.
2. Now, in a medium sized bowl add all your ingredients except for the mushrooms. Get the mushrooms, and fry them on a low heat for 5-10 minutes, stirring them as you go along. Then allow them cool down for a few minutes.
3. When the mushrooms have cooled down, add them to the ingredients in your bowl (important do not use the juices, as this will not work with the burgers texture), and mix everything with a large spoon.
4. Now rinse your hands, and shape the mixture into 4 – 6 patties, before placing on a plate or surface dusted with flour. Freeze for an hour or place in the refrigerator for a couple of hours.
5. Next, heat up a couple of tablespoons of olive oil in a non-stick pan, and fry your burgers. Allow to cook for 4-5 minutes on one side, before flipping over gently and cooking for the same amount of time on the other side.
6. Next, line an ovenproof dish with greaseproof paper, and gently grease the paper (yes, I do that), place the cooked burgers on it, before placing in a hot oven on 350°F (180°C), and cooking for a further 15-20 minutes. This will help them set better.

Smoky Pineapple Salsa

0 INGREDIENTS

Shares

x 8 oz (227 g) tin of pineapple chunks, in their own juice (Del Monte are great)

½ cups cherry tomatoes

tsp fine garlic granules

Tbsp tomato paste

1 Tbsp tomato ketchup

1 tsp (5 mL) olive oil

1 Tbsp muscovado sugar

½ tsp (2.5 mL) liquid smoke – optional (I used Figaro Hickory Liquid Smoke)

½ tsp smoked paprika

METHOD

1. Drain the pineapple, and then place all the ingredients in your food processor, and process for around one minute, until you are left with a thick sauce.

2. Decant the sauce into a small saucepan, and simmer gently for 20 minutes. The sauce is then ready to go.

3. Spoon the salsa sauce onto your burger, chop some red onion slices onto your burger, cut up a green crunchy salad, and serve.

0 4. This is a Gourmet Burger – Mouthwatering – and one wonderful, self indulgent, yet healthy, treat !
Shares 5. Bon Appétit!



All recipes, content & design © Miriam Sorrell www.mouthwateringvegan.com 2010

These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave a constructive comment !

Save



0 Shares
**Peanut Butter & Date
'Cappuccino'**

**Very Gooey Carob
Brownies**



121 COMMENTS



Elaine Maurette

May 19, 2012 at 7:52 pm

Hello my dear,

Quick question. Since its just my hubby and me, do you think this recipe could be made into a small meatloaf? I am not too sure about the frying part of it; if that could be skipped or not. Also when you speak of grease proof paper, are you referring to the wax paper we have in the States? This sounds like the perfect Sunday afternoon dinner to me. What would so many of us do without you, my friend? My husband asked me a question The other day about you. Why does a woman with your culinary abilities not have a cookbook written? When I think of your face, dear Miriam, I know the answer..... [[[[tears]]]] thank you for being a voice for the voiceless. I love you <3



Miriam

May 20, 2012 at 1:21 pm

Elaine Hi there and many thanks for your wonderful words, how moving. To answer your questions yes, you can make a 'meatloaf' from the mixture, simply pop it into a non-stick loaf tin and bake until golden, you can place a few nuts on the top too for decoration. Yes

greaseproof paper is the wax paper you have in the States. I am delighted that I have made a little impression to bring a few vegan treats to people's home – home is where the heart is they say, and it's true. Regarding a cook book I will be published in 10 months time. Thank you for your kindness and support and all the best to you and yours too dear Elaine. x

0
Shares



Elaine Maurette

May 21, 2012 at 2:37 pm

Dear Miriam,

Quick update as this is Monday morning and I'm blessed to get to start every week with having Kimi with me. I did make the dish above into a meatloaf and it was delicious. It didn't dry out in the least as I thought it might and held together quite nicely. I believe I will have to double the salsa next time however. We ran out of it long before the meatloaf. Thanks again for another successful dish. I am looking forward to your first of many cookbooks. To have all your recipes written in in an orderly fashion would make, I know, both my husband and myself happy. Much love to you, Elaine Maurette



Miriam

May 21, 2012 at 6:13 pm

Dear Elaine, what a wonderful comment – and Kimi is really quite blessed to have you, what a joy she is and also beautiful ! I am delighted that this worked, and I agree with you, the more salsa the better (it is rather addictive !). I am also glad to hear that it worked well as a 'meatloaf' now we all know that it can be made into one and serve it with other yummy accompaniments ! Elaine, many thanks for dropping by here with your feedback and I very much look forward to your future comments on my blog truly ! Very Best wishes to you, little Kimi and your wonderful husband too ! Best Wishes Ever & Always !





Darlene

May 21, 2012 at 9:41 pm

I am really looking forward to making this beautiful vegan burger! One question...I do not like walnuts, so was wondering if I can just omit them, or if there is something else I should use in place of it?

0
Shares



Miriam

May 21, 2012 at 10:11 pm

Darlene Hi there and welcome here. Thanks for dropping by here with your comment. You can use pecan nuts, or roasted hazelnuts instead, you will need some kind of nut to help give it a good form. Let me know how it goes as and when. All the best to you and Cheers !



Michele Sadler

May 22, 2012 at 2:40 am

Thank you so much ... a friend sent this to me as we are practicing a low GI diet and teaching it as well ... to anyone who will listen. Our health is depending on it, and to find recipes that bring back some form of comfort food that we are used to makes it that much easier to stick to. Like when I need pizza, I have found some things similar enough to take away the craving... thank you for sharing!



Miriam

May 22, 2012 at 7:01 pm

Michele Hi there and welcome here on my blog. Thanks for dropping by here with your comment and am so glad that you have found my recipes pleasing to you. Yes, indeed I do have some 'comfort foods' which are healthier versions of course, as I feel we all need to

have access to what we are used to, but at the same time to know that it is not harmful is in itself a bonus !
Very best to you and I look forward to your future comments on my blog. Best to you !

0
Shares



Sara

May 27, 2012 at 11:23 am

Hi Miriam, I LOVED this recipe – made it last night with much success (I sub'd the breadcrumbs with semolina, used miso soup powder instead of miso and cooked the quinoa in veggie stock) My omnivore friends devoured every morsel and asked for more! Question – have you ever frozen them? I want to make another batch and keep a handy supply. Cheers and I look forward to recreating your other recipes (this was my first one!)



Miriam

May 27, 2012 at 12:06 pm

Sara Hi there and welcome here. Many thanks indeed for dropping by here with your wonderful comment. I am delighted that you and your non-vegan friends enjoyed these so much as to devour them ! That truly is a super result. Now, with regards to freezing them, I have not tried to do so yet, so you might just beat me to it. I really don't see why they wouldn't – do dust them in a tiny bit of flour if so in order to seal them, then wrap them in cling-film (Cellophane for /plastic wrap before freezing). Let me know how it goes, and I look forward to your future comments on my blog and hope you enjoy all my recipes, one at a time. Cheers to you !



Lizzie

May 31, 2012 at 6:33 pm

I just HAVE to try this!! I'm so hungry right now 😊



Janice Warden Bergeron

May 31, 2012 at 11:46 pm

I just found your site and it truly is amazing..and so well named. Everything I've looked at really is mouthwatering. I'm not the greatest chef and I'm just transitioning to vegetarianism so I hope I can do justice to your recipes. Thank you for such a wonderful site

PS I wish I could just be a permanent house guest so I could enjoy ALL your delectable meals! ;o)



Miriam

June 1, 2012 at 8:21 am

Janice Hi there and welcome here. Thanks so much for dropping by here with your wonderful comment. Congratulations for your transition to vegetarianism and I am sure that you will more than do justice to my recipes here – as you know they are vegan and therefore both dairy and egg free, but the taste is not compromised as a result ! I very much look forward to your future comments here on my blog and if you need any help, just say the word. Thanks for your sense of humour too ! Cheers to you Janice !



Miriam

June 1, 2012 at 8:22 am

Hi there Lizzie, welcome here and I do hope you enjoy these burgers ! Let me know how it goes. Cheers to you !





Yvonne Harley

June 5, 2012 at 5:26 pm

Oh my goodness, these sounded so yummy I had to try them, however I had to modify the recipe as my son is allergic to nuts. So instead of the walnuts I slightly ground half a cup of pumpkin seeds and I added a grated carrot. I don't have miso so didn't add this either. I used chestnut mushrooms as these have a rich flavour and then I baked them in the oven slowly for about 45 mins at 160 degrees.

The result was amazing. I may not use curry powder next time, instead picking a selection of herbs. My 22 year old son (who is not vegan but always happy to try my 'healthy options') said if he couldn't eat meat again he would be happy to eat these instead! Praise indeed!

0
Shares



Yvonne Harley

June 5, 2012 at 5:28 pm

Oh meant to add – I didn't have flax seeds either but used a teaspoon of Orgran instead to help bind the mixture



Wanda Lott

June 5, 2012 at 11:09 pm

Hi Miriam, This looks delicious! I will have to try this one. Your presentation is off the chain! Thanks for sharing the pleasantries for the eyes and belly (laugh). You have a blessed day. I hope you have been well. Take care. Peace



Miriam

June 6, 2012 at 7:23 am

Wanda Hi there and great to see you here again, I am very well thank you and thanks for the great wishes too – yes, this does look tempting and I hope you enjoy it at some point soon. Very best to you too and Peace !

0

Shares



Miriam

June 6, 2012 at 7:44 pm

Yvonne Hi there and welcome here. Thanks for your detailed feedback and comment here on my blog. I understand about your son's allergy and I think the seeds you used would have worked beautifully. You are at liberty to use any mushrooms as they will all go well in this recipe – really glad you enjoyed it. In fact somebody else used the same recipe and ingredients and made a 'meatloaf' of it and it worked well too. Glad your son enjoyed it and I look forward to your feedback on my other recipes here too. All the best to you and Cheers !



Miriam

June 6, 2012 at 7:45 pm

Hi there again Yvonne, good for you both binders work well, so that's great. Best to you !



Rich Varano

June 15, 2012 at 12:03 pm

I gotta try this one! -Can't wait!

Thanx Miriam!





Susan N. Pearl

June 15, 2012 at 2:50 pm

I AM grateful to you for this website and your wonderful recipes. This looks really delicious and I will try this – on the weekend.

Thanks

Susan

0
Shares



Tina

June 15, 2012 at 4:33 pm

Hi there I LOVE all that you do for us. You have been such a great help to so many thank you so much. I just ran across some thing that was alarming that i wanted to share with you about moto it is msg which is REALLY bad for you. I read it on a face book page called Lose Weight with Ahlaam Ali. The story is titled What is Msg/ajinomoto? Be aware!!! Just want to share with you and keep you safe. Thank you so much.

Tina



Miriam

June 15, 2012 at 5:57 pm

Susan Hi there and welcome here. Thanks for your compliment and I hope you enjoy these nutritious burgers, let me know how it goes and best to you in the meantime.



Miriam

June 15, 2012 at 5:59 pm

Hi there Rich and thanks for dropping by here with your comment, I look forward to your feedback on this recipe. Best to you and Cheers !



Miriam

June 15, 2012 at 6:05 pm

Hi there Tina and welcome here. Thanks for your wonderful words. Now, with regards to the info you have submitted, it has nothing to do with these burgers, but thanks for letting me/us know. Very best to you and have a great weekend. Cheers !



Kylie McNamara

July 3, 2012 at 9:51 am

I would definately be interested in the cookbook...I'm sure you will keep us posted though..



Miriam

July 3, 2012 at 10:46 am

Hi there Kylie and thanks for your interest in my book. I have a list of people who are interested and will contact them closer to the time – will just take your name/email too so no worries. I look forward to your trying out some recipes and posting up some comments as and when. Best to you in the meantime.



Bev Lallemond

July 3, 2012 at 1:03 pm

I am interested in your cookbook as well. I am looking forward to having it as my main go to cookbook.



Miriam

July 3, 2012 at 8:46 pm

0
Shares

Bev Hi there and welcome here to my blog. Many thanks for dropping by here with your comment and for the interest in my upcoming book. I shall contact you nearer the time when the book is due for sale (9 months or so from now) – I will add you to my list to email you at that time. Meantime I look forward to your future comments on my blog and wish you all the best.



Mimsy

July 19, 2012 at 7:22 pm

Thank you Universe for sending me to this page on the massive interweb toady. Im so grateful for recipes as a new vegetarian. Blessings



Miriam

July 20, 2012 at 2:53 pm

Mimsy Hi there and welcome here. What a magnificent comment you have left here – it's the best one I have had all week, so hope I can the smile you put on my face back on yours. I very much look forward to your future comments and feedback on my blog as and when you start trying them out. Any questions just comment and I will help as best I can. Meantime best wishes your way !



Lynn

July 22, 2012 at 9:21 am

Hi Miriam...I have just made your smokey salsa pineapple salsa....oh how great it tastes. Will be able to use this with many other dishes as well. Thank you so very much..x



Shaun

July 22, 2012 at 6:12 pm

Made this last night and it was fantastic, here's my pic

http://a2.sphotos.ak.fbcdn.net/hphotos-ak-ash4/293894_4253160968422_1398077280_n.jpg



Miriam

July 23, 2012 at 12:20 pm

Oh Shaun Hi there and welcome to my site, am delighted you have popped by with your comment and picture here, what a wonderful contribution – love the picture !. Come back with more sometime soon and I hope you enjoy my other recipes too !!! Best wishes your way !



Miriam

July 23, 2012 at 12:24 pm

Lynn Hi there and thanks so much for popping by here with your wonderful comment – I totally agree with your thinking, this sauce rocks and will roll with just about any other burger and if one really wants to be naughty is great with fries and other food of that ilk ! I hope you continue to enjoy more of my creations and come back with your feedback !!! Best wishes your way !



Eibhlin



July 28, 2012 at 8:24 pm

Hi Miriam,

I went for these instead as I had some mushrooms left over – they are in the freezer now and I am waiting impatiently for the hour to end 😊 Will report later – if they are anyway half as good as they smell raw they will be wonderful 😊 i forgot to get pineapple so i made a habanero salsa instead which is likely to blow my head off 😊

0
Shares



Eibhlin

July 28, 2012 at 10:25 pm

They are absolutely amazing – the taste, the texture – well worth the work and the wait. thank you so much for this amazing recipe (ok, i adapted it a little as i always do – but many thanks for the inspiration!)



Miriam

July 29, 2012 at 12:47 pm

Hi there Eibhlin, thanks for your comment and glad you enjoyed these burgers !



Miriam

July 29, 2012 at 12:48 pm

Look forward to your feedback on these Eibhlin !



Vee

August 9, 2012 at 12:01 am

When you write that the oats need to be slightly processed what do you mean?

0
Shares



JJo

August 9, 2012 at 12:52 pm

Wow, they taste great. I had to substitute a couple of things but they were really tasty. I didn't fry them first either. I just rolled them into smaller balls and put them in the oven. Went beautifully crisp on the outside. These may be a staple food.



Miriam

August 13, 2012 at 11:06 am

JJo Hi there and welcome here. Many thanks for your wonderful comment, and yes, I am sure they taste great in any shape or form. I hope you enjoyed the salsa too. Best wishes your way and I look forward to your future comments on my blog!



Miriam

August 13, 2012 at 11:07 am

Hi there Vee – Thanks for dropping by here with your comment – what I mean by that is that you put them in a food processor and process them to break them down a little. Cheers!



Heidy

August 23, 2012 at 1:54 pm

Hi Miriam, I made them last Saturday and they were great!! Also I had invited a couple of

non-vegan friends and they loved it!

Thank you so much for offering these delicious alternatives so everyone learns that being vegan does not mean eating only salad!!

0

Shares



Miriam

August 23, 2012 at 3:24 pm

Heidy thanks for that and for dropping by here with your comment. Yes, many of these dishes do demonstrate to non-vegans that meat free does not mean taste free. It is my pleasure to offer alternatives and my passion also. Thank you for your kind words. Best wishes your way and I look forward to your future comments on my blog !



Steph

August 23, 2012 at 3:48 pm

This is the second time I'm posting today. This time with a question. Do you think once the burgers are formed into patties they're good to be kept frozen until ready to make? I'm asking because I'm due our third baby and want to make as much as food ahead as possible and keep it frozen for easy lunches. Also if you have more of your recipes that you think would be great frozen is much appreciated! Thank you! This looks great x



Miriam

August 23, 2012 at 8:04 pm

Steph Hi there and good luck with the birth ! Like me you like to have things ready in advance. I think yes, these burgers should work in the way you said, but don't re-freeze again if so, then let them thaw, (not completely) and roll them into balls, flatten a little and then continue with the recipe. Very best wishes your way ! P.S. My sauces and bakes

should freeze well.



Eibhlin

August 24, 2012 at 8:23 am

I saw someone was asking you about freezing these – well i froze them and i would just like to report that they thaw out and heat up wonderfully 😊 ate one with a sweetheart cabbage stir-fry last night which was also delicious and so simple to make (made it up as i went along 😊)



Miriam

August 24, 2012 at 4:37 pm

Eibhlin Hi there and many thanks for dropping by here with your wonderful feedback. I myself have not frozen these as we eat them as I make them, so your comment has been very useful, thank you so much and glad you enjoyed these again. I look forward to your future comments on my blog. Best wishes your way in the meantime.



Joye

September 1, 2012 at 2:48 pm

What to do when you've got both meat-eaters and vegans coming over for a BBQ? MAKE THESE BURGERS. I'm not exaggerating when I share with you that EVERYONE – kids included (!) – loved these burgers. It takes a bit of time to make sure you visit the right store that has these ingredients (I went to Whole Foods and found everything), but you will not be disappointed. In fact, once you have all the ingredients, it's very easy to have this recipe as a staple in your rotation. As been previously mentioned, it freezes great – I froze several patties after they were baked so my husband could pack them in his cooler for

work so there's no excuse as to why these wouldn't work for those on the go. What made them THE BEST burgers was the Pineapple salsa! I'm not fond of smoky flavors so I left that part out but it was still mouthwatering delicious. I find I actually crave these. Guaranteed to satisfy any burger lust!

0

Shares



Miriam

September 1, 2012 at 3:07 pm

Dear Joye, true to your name you have brought ME much joy with your wonderfully detailed comment and feedback. First of all the kudos goes to you for making these burgers and for serving them to everybody meat eaters and vegans alike. This is great news truly, and I am glad most of all that this will be a staple for you. The salsa gives it that edge. Many thanks for dropping by and taking the time to reveal your gratefulness. I very much look forward to your future comments here, truly ! Best wishes your way in the meantime !



Michael (from Facebook)

September 7, 2012 at 4:27 pm

Shared on Facebook! 😊

Shared! 😊

Now there's a hearty burger! This is proof that animal meat is not needed at all to make a good burger. 😊



Tommy T

September 7, 2012 at 8:47 pm

mmmmmm!

I found you through facebook and have to say that your dishes look uber nom nom yum!

I have only done one recipe so far but it's pinned on my wall to do again and again!

I found it hard to print, maybe I'm missing something? You should maybe have a 'print recipe' button or pdf download available so we can print these off easily 😊

0 Cant wait to make these burgers x
Shares



Miriam

September 8, 2012 at 6:30 am

Hi there Michael, thanks for your delightful comment. I have to agree with you about this burger, which appears to be a winner with just about everybody, vegan and non-vegan – both texture and taste are satisfying to the same degree, and the salsa just makes for a good marriage in this recipe. Hope you enjoy it too !!! Best wishes your way always and thanks for sharing my recipes on FB (much appreciated) !



Miriam

September 8, 2012 at 6:34 am

Hi Tommy and welcome here. Many thanks for your compliment on my dishes. Regarding printing, I have not been set up with this facility. On a mac system you press control P to print and it then gives you an option to save as a pdf, I am not sure how other systems work. My recipes are FREE to all, and I ask for nothing in return other than a comment if the recipe has been tried. I hope you do enjoy my dishes and come back and tell me what you think if and when you have the time. Best to you !



Peggy

September 8, 2012 at 9:55 pm

Dear Miriam,

Haven't made this recipe (yet) but am very happy to hear you will be publishing a cookery book!

Now, I will never have to ponder on what to give people as a gift. I'll spread the message in a delicious way!

Peggy

0 ps: naughty nutty cookies and Delicious Cherry Tomato, Chickpea & Orange Pepper Salad tomorrow, can't wait!

Shares



Grace

September 9, 2012 at 1:41 am

Hi! I decided I would like to start eating more of a vegetarian/vegan diet and came across your website. I am so glad I did – these recipes all look so delicious!

I tried this burger out today, and whilst I am not a great cook and couldn't get them to stick together in a patty, I ate the burger on a slice of bread with the salsa and it was absolutely delicious!

I'll be making them again and will hopefully get it right next time, but thank you for the tasty recipe! The salsa is amazing.



Miriam

September 9, 2012 at 9:30 am

Hi there Peggy and thanks for dropping by here with your comment. My book will be published by a large publisher and is due to be out in April – I will let you know closer to the time. Thanks for your interest and I look forward to your future comments on my blog. Best wishes your way in the meantime and enjoy !



Miriam

September 10, 2012 at 10:20 am

0
Shares

Grace Hi there and welcome here. Kudos to you for making the decision towards a more veggie lifestyle – the key is always to eat delicious food – to that end you have come to the right place, as here my priority is taste – and great vegan taste is always top priority when I am creating my recipes. Sounds like the burgers worked, and glad you enjoyed the salsa too. Next take will be better for the patties bonding – just follow the recipe again. I look forward to your future comments on my blog and send you best wishes !



Miriam

September 10, 2012 at 10:22 am

Dear Peggy, many thanks for dropping by here with your wonderful comment. I am delighted that you have found my blog and look forward to your future comments here. Hope you enjoyed your selected recipes. Best wishes your way and thanks for your kind words !



Tina

September 12, 2012 at 10:37 pm

I've never called a burger divine before but this recipe was simply divine! I felt pretty confident when I read the recipe so I made a double batch to freeze and take with us on our vacation to a lakeside cabin. I might have been swayed by the sunshine, the beautiful deck and the view but all I really remember that night was not being able to get enough of these burgers. I'm making them again for company this weekend. I preferred the salsa fresh as the smoky flavoured intensified over time. I froze the extra salsa and will be turning it into a soup! Thank you!

**Miriam**

September 13, 2012 at 12:04 pm

0
Shares

Hi there Tina, many thanks for dropping by here with your comment and feedback. I am delighted to know that this burger has made a great impact in your culinary repertoire – it really is very good I agree. I was not aware of the smoked salsa intensifying over time. May be using half the amount if you are freezing it next time would be a good idea, alternatively adding the smoked paprika last thing when re-heating might solve that for you. I am glad you are making this again and that you have enjoyed it whilst on vacation too ! Best wishes your way and I look forward to your future comments on my blog !

**Gen**

September 14, 2012 at 10:36 am

I've just finished making this recipe and these burgers are amazing! I did have some trouble keeping the patties together though when i fried/heated them, is there something you could recommend adding to make them a bit stickier? I don't have the best blender which might be why.

**Miriam**

September 14, 2012 at 7:34 pm

Gen Hi there. Vegan burgers are not as solid as non-vegan ones. That said you could add a 1/4 of a cup of processed tofu (once processed it will look like a thick cream) and some flaxseed – a spoon or so. Then make sure your palms are wet when you make them into patties, then place them in the freezer for 40 minutes before frying. Baking them also works if you don't wish to over handle them – your blender might be a small contributing factor, but since I cannot see it, I cannot be the best judge. Glad you loved the taste !



Lynn

September 18, 2012 at 12:15 pm

Meat eaters liked it too! Thanks. Not keen on pineapple but could use something else instead.

0
Shares



Miriam

September 18, 2012 at 2:17 pm

Hi there Lynn that's pretty awesome that meat eaters liked it too ! This is the feedback I have been getting in the main. If you don't like pineapples, then use ordinary apples, it should work with them too ! Best wishes your way, and I look forward to your future comments on my blog !



Kari

October 14, 2012 at 2:50 am

OK, your recipes look awesome.....and your site appropriately named.....my mouth is watering....If today wasn't the Ironman race I'd head into town to buy some ingredients right now!!! But, tomorrow I shall make these burgers....can't wait....do you have a book? Will peck around for one.



Miriam

October 14, 2012 at 11:32 am

Kari Hi there and welcome here. I look forward to your feedback on my burgers. I do have a book entitled 'Mouthwatering Vegan' which is being published by Random House and will be out for sale next spring – it will have the best recipes from here and many new ones too, with pics. In addition it will have recipes for easy some of my best and easy to make

and delicious cheeses, ones that melt etc and other incredible recipes. If you wish to be added to my mailing list let me know so that I can notify you closer to the time ! Cheers.

0
Shares



Kari

October 17, 2012 at 12:50 am

Aloha Miriam,

Yes, I made the Burgers and will have to tweek it a bit...little dry, but I know where I'll tweek it. I served one to my boss for lunch today (he just had 4 stent placements) and he loved it. Admittedly, I turned it into a Reuben by using a hearty sprouted legumes/tofu "1000 Island dressing"; some vegan cheese on fresh beautiful rye bread.....gotta say, it was a homerun.

I am VERY excited about your book. Can't wait. Please don't forget me.

Aloha,

Kari



Miriam

October 17, 2012 at 7:07 am

Hi there kari and welcome here. Thanks for dropping by here with your comment. Yes, often times a little tweaking goes a long way, plus we all have personal preferences with regards to relishes, dressings etc. I am glad your boss loved it (I imagine he is non-vegan ?). Kudos goes to you for making these and I very much look forward to your future comments on my blog, and no, I certainly will not forget you for my book – if I have not added you to my list already I shall be doing so now. Best wishes your way in the meantime !



Laura



October 20, 2012 at 11:11 pm

I would like to be notified when your cookbook comes out! Thanks!

0
Shares



Miriam

October 21, 2012 at 9:39 am

Laura Hi there and welcome here. I will certainly notify you closer to the time. Will add you to my list now. Best wishes your way and I look forward to your comments and feedback on my blog in the meantime !



eva

November 5, 2012 at 10:51 pm

BEST BURGER IN TOWN...NO...BEST BURGER EVER....WELL DONE ONCE AGAIN,AND I THINK ALL VEGANS AND NON VEGANS HERE CONGRATULATE YOU FOR THE TASTY FOOD YOU SUPPLY US WITH...YR THE BEST..BRAVO..



Miriam

November 6, 2012 at 9:29 am

Hi Eva and thanks for your complimentary feedback. I am delighted you loved these burgers and am grateful for your kind words. Best wishes your way !



Deena

November 13, 2012 at 4:06 am

Amazing burgers, and super easy to make...even my meat-eating husband, and my picky

2-year old loved them!



Miriam

November 13, 2012 at 10:43 am

Deena Hi there and welcome here. That's great news. In fact most all of my recipes have a profoundly great effect on non-vegans, so feel free to extend their repertoire and let me know how things go as and when. Best wishes your way in the meantime.



una

November 25, 2012 at 8:40 am

Hi Miriam

I have an intolerance to wheat can you suggest an alternative to the oats in the burger thank you



Miriam

November 25, 2012 at 10:03 am

Una Hi there and welcome here. You can try short grain rice (pre-boiled). Hope this helps a little. Let me know how it goes as and when. Best wishes your way !



Sherrie

January 10, 2013 at 1:26 pm

One question. What is muscovado sugar? I have never heard of this before.



Miriam

January 10, 2013 at 4:23 pm

Sherrie Hi there. Here isa link to the Muscovado sugar, but you can also use molasses if you wish. Best to you ! 😊

<http://www.thefind.com/food/info-muscovado-sugar>

0
Shares



Deb Fowler

January 23, 2013 at 10:36 pm

This will be inviting for not only myself but others that don't know how good vegan food can be.



Miriam

January 24, 2013 at 10:13 am

Deb Hi there – I totally agree with you and hope you enjoy it too. Best wishes your way in the meantime.



Joe

January 29, 2013 at 1:54 pm

Here I am attacking this burger which is quite popular from the comments. Can I get liquid smoke or just omit it? (or start a bonfire in the kitchen ha ha)



Miriam

January 29, 2013 at 4:36 pm

0
Shares

Oh dear you don't want to do that Joe 😊 – here is one I use, I order it off ebay, here is the link for it http://www.ebay.co.uk/itm/Colgin-or-Figaro-BBQ-Liquid-Smoke-4-choices-/160484728653?pt=LH_DefaultDomain_0&var=460010278112&hash=item255da29f4d&_uhb=1 You can omit it if you wish at this point for this time. Otherwise another option would be to go to a supermarket, see what they have in the barbeque section that says 'smoked' some kind of a sauce or something and use a bit of that. Good luck and do enjoy !



Sarah

January 30, 2013 at 6:20 pm

If one were to fry these lightly in a pan on each side, could they be finished on the grill, to give them a smokier taste?! I love burgers on the grill!! 😊



Miriam

January 30, 2013 at 7:28 pm

Hi there Sarah – I don't see why not, but as they are vegan and not made with egg for that extra binding effect, then handle with care. Another way could be to bake/roast them in a greased dish until a little golden on each side (so that they are not over handled), then finish off with a fast grill. Either way, the taste is great and let me know your outcome as and when.



Joe

February 15, 2013 at 2:52 pm

Made these today and they turned out beautiful. I used a burger press and baked them so that they firm up. Then I fry a couple at a time.

BTW the Heinz BBQ sauce (dunno about the others) contains liquid smoke as one of the ingredients.

Next item on the list the frittata....

0
Shares



Miriam

February 15, 2013 at 4:12 pm

Busy in the kitchen again Joe that sounds fabulous Joe ! A Burger press, that's a good idea too ! I am glad you enjoyed them and look forward to your feedback on my frittata !



Glaire

February 17, 2013 at 6:15 pm

I made like 16 burgers the other day and put it in the freezer. Guess what? it turned out ok, we're having it for dinner tonight.



Miriam

February 17, 2013 at 6:26 pm

Glaire Hi there and thanks for your feedback here – I must say I am as delighted as yourself to know that they freeze as well as they do. A huge thank you goes to you for letting me know. The next word is enjoy !



Sharron

February 17, 2013 at 8:03 pm

Hi Miriam, I absolutely loved this burger and it is so filling too. I must admit I did make my own salsa recipe. This will definitely be going into my 'Recipes to make again' folder. You

have made my transition to a vegan based diet so much easier with your wonderful recipes. Thank you.



Miriam

February 17, 2013 at 8:27 pm

Sharron Hi there and thanks so much for dropping by here with your feedback on my burger. I am delighted that you have made and enjoyed it so much. Salsa's are very personal so it's understandable to adapt them to your own personal choice. I am glad that I am making your transition to a vegan based diet an easier one, and hopefully a tasty one too – that way everyone wins ! Kudos to you for choosing this path in the first place. The next word is, well, enjoy !



Sharron

March 9, 2013 at 9:44 pm

Hi Miriam, Made again today and before I made into burgers it dawned on me that the mixture would actually make a great salad.... and it does! So kept a little behind for lunch and was yummy! 😊



Miriam

March 10, 2013 at 8:04 am

Good thinking there Sharron and so glad that it worked as a salad too ! 😊



chaka

March 20, 2013 at 11:07 pm

Nice one. I added a few more walnuts and a few slices of pickled ginger. Yummy yummy!!! thanks!!! I made some coconut/dates quinoa for breakfast and had in mind to make your recipe for dinner. I am so pleased.

0

Shares



Miriam

March 21, 2013 at 7:48 am

Hi there Chaka and welcome here. So glad you enjoyed this burger and hope you try out more of my recipes and come back with your feedback. Very best wishes your way in the meantime.



Marg.b

April 18, 2013 at 8:16 am

Have just found your website from following the link for the delicious looking mushroom/walnut/quinoa burger.

Could you tell me the reason for using 'mineral' water. I'm assuming it has a different effect on the quinoa than plain water??

many thanks for sharing!



Jodi V. Anne

April 18, 2013 at 9:33 am

Hello Miriam: This question may have already been addressed (I didn't have time to read through everything). I have made these in the past and love the flavor but I had a hard time getting them to hold together well. I've had this problem with a lot of vegan recipes of this nature, not just this one. ANy suggestions? Looking forward to your new cookbook. I have one reserved!!



Miriam

April 18, 2013 at 2:42 pm

0
Shares

How good of you Jodi, thanks for that. I am going to suggest you make the flax eggs (go to my 'Burger King' burger on my homepage, and see the recipe for that – just make the flax eggs as I suggested and add it to this mix). In fact my 'Burger King' holds together beautifully considering it's all vegan, and it's the flax eggs and the process I suggested that help. Best wishes your way and hope this helps ! 😊



Miriam

April 18, 2013 at 2:44 pm

Marg Hi there and welcome here. Use normal tap water if your tap water is drinkable, ours here is not hence the 'mineral water' suggestion. Hope you enjoy these. For a firmer texture add flax eggs to this recipe (see my 'burger king' recipe for that). Cheers !



Jodi V. Anne

April 20, 2013 at 4:49 pm

Thanks for your quick response Miriam! But what the heck is asafoetida powder?! Is ther a substitute if I can't find it here in the states?



Miriam

April 20, 2013 at 6:43 pm

Hi Jodi – It's an east indian spice. Use onion powder instead, it will be fine. Enjoy !





Jodi V. Anne

April 21, 2013 at 12:44 am

Also, What are puy lentils. Is that a type of lentil or brand. I can't find them

0

Shares



Miriam

April 21, 2013 at 10:37 am

Here is some info for you Jodi.

<http://www.amazon.co.uk/Organic-Green-Speckled-Puy-Lentils/dp/B0050BAALI>

[/ref=sr_1_3?ie=UTF8&qid=1366536791&sr=8-3&keywords=puy+lentils](http://www.amazon.co.uk/Organic-Green-Speckled-Puy-Lentils/dp/B0050BAALI/ref=sr_1_3?ie=UTF8&qid=1366536791&sr=8-3&keywords=puy+lentils)

<http://en.wikipedia.org/wiki/Lentil>



Laura Lee

July 16, 2013 at 2:52 pm

I have struggled to find a great tasting vegan burger for years...I've made many types of black bean burgers, tofu burgers, portabella mushroom burgers, lentil burgers, all vegetable burgers never thought to try making quinoa burgers because I've tried quinoa in many recipes but I never liked it. So imagine my surprise when I made your Mushroom Walnut Quinoa Burger (was enticed by your beautiful picture) and I LOVE IT! I ate it so fast that I got an upset stomach...lol. Thank You! Oh and salsa was awesome too!

I used 1 1/2 cup vegetable stock instead of the mineral water

I used 1 1/4 tsp chipotle chilli powder (love that smokey flavour) instead of the 1/2 regular chili powder

I left out the curry powder and zest of lime.

Next time I might try adding one flax egg to have it hold more and then leave out the 20 minutes baking at the end. I found it dried out the patties so when they were in the bun then would not hold together.



Miriam

July 17, 2013 at 6:27 am

So glad you enjoyed these Laura ! The minor adjustments you made sound great. Best your way ! 😊



Ali Makooie

July 19, 2013 at 1:24 pm

Dear Miriam

I have tried all your hamburger recipes and [of course] they are all delicious 😊 Somehow, I had missed your Quinoa Burger which I will prepare this week-end. As a vegan I do not prepare meat hamburgers and my young adult kids prepare their own. However, since introduction of your hamburgers, meat versions are story of the past 😊 I am a guy and I am glad to say that I have regained control of my BBQ set, thanks to you 😊



Janis Surette

August 26, 2013 at 6:16 pm

Can you give the nutrition contents of this recipe?

Thank you!



Miriam

August 26, 2013 at 8:00 pm

Janis Hi, I do not have this facility available at this time – sorry.



Jill Turner

September 4, 2013 at 5:09 pm

Made this recipe for my vegan visitors but might eat these burgers before they get here. I haven't made the salsa that goes with it, just the burgers which I was going to freeze. Might have to do another batch quickly, lol.

Very easy to make although I can't find any Miso, but worked well without. Absolutely gorgeous YUM!

Thank you Miriam, you are a real star.



Miriam

September 4, 2013 at 8:45 pm

Jill Hi, so glad you made these and that you like them so, hope your visitors like them too ! I look forward to your future comments on my blog and best wishes your way. I look forward to your future comments on my blog ! 😊



Lauri

October 1, 2013 at 10:15 pm

Made these several times now and they are AWESOME!! Even my husband and daughter who don't eat mushrooms ate and loved them, because they didn't notice the mushrooms! I made a double batch last time and frozen them all having cooked them just in the oven, then I fry them from the freezer. They are delicious! Thank you 😊



Miriam



October 2, 2013 at 9:27 am

Lauri Hi there and thanks for dropping by here and letting me know as much ! That's awesome news, and so glad they freeze well too, and can be cooked from frozen. Best wishes your way and I look forward to your future comments on my blog ! 😊

0
Shares



Gwen

June 10, 2014 at 10:36 pm

What is the calories and nutrition info?



Miriam

June 11, 2014 at 8:05 am

Hi Gwen, welcome here. We don't calorie count I'm afraid. All I can say is the ingredients are in the main nutritious. Cheers and if you make it, hope you enjoy it ! 😊



A.j. Drew

March 16, 2015 at 3:44 am

Made the pineapple salsa but added some ghost pepper flakes for extra heat. The sweet, sour, hot contrast was wonderful.



Miriam

March 24, 2015 at 9:36 pm

So glad you made and enjoyed it AJ 😊 !



Ana

May 26, 2015 at 7:06 pm

Hello Miriam!!! Amazing hamburguers... I made them with bbq sauce and not spicy (for the little ones). Thank you for all your recipes, i have not yet prepare one that has not came out perfect!! Love your book!! It is my favorite cooking book!!!



Miriam

May 27, 2015 at 8:18 pm

Hi there Ana, so pleased you love my recipes and my cookbook, that's awesome news. Remember my upcoming cookbook entitled 'Yasou' – a Greek & Middle Eastern recipe book with the most tasty recipes will follow in the near future. Let me know if you're interested so that we can add you to our list and notify you as and when the book is due out. Cheers !

Pingback: [Catching up! | Meals, snacks and groceries](#)