



## Sweet Sunrise Burgers

Full of flavour and extra delicious, these golden pieces are a bomb of a treat and kids love them too. I have been making these for the last few years, and have been meaning to pass them on for you to share and enjoy. This recipe came to me one day when I had way too much corn in my pantry, and too many sundried tomatoes in the fridge. The other ingredients came along like

colours to the palette of an artist. These delights are wonderful served on a bed of rice, or in a wholemeal pitta bread, with a crunchy green salad to complement it – and of course, some wonderful favourite vegan dressing.

Makes 6 burgers

### INGREDIENTS

- 1¾ cups cooked sweetcorn
- ¾ cup polenta (cornmeal ground)
- ½ cup plain unbleached self-raising flour
- 2 tsp egg replacer (I use Orgran)
- ½ tsp corn-flour
- ¼ tsp curry powder (optional)
- ¾ cup chopped sundried tomatoes
- 1 large Spanish onion, finely chopped
- 1 cup of grated vegan melting cheese of your choice
- 4 cloves garlic, finely chopped

- ¼ cup finely chopped parsley
- ¼ cup grated carrot
- salt and pepper to taste



## METHOD

Place half of your sweetcorn in a food processor and pulse until smooth and creamy.

Meanwhile, add all the dried ingredients in a large mixing bowl and stir until blended. Now add the processed sweetcorn, together with the remaining whole sweetcorn, and give them a good mix. Finally, add the sundried tomatoes and the rest of the ingredients, one at a time, and continue to mix until all has blended into a nice thick consistency. If a little too runny, add a little more flour. Then place in the refrigerator for an hour.

Dust a large plate with flour, roll your sleeves up, wash your hands, and roll enough of the mix in the palms of your hands to form a ball. Then flatten slightly into the shape of a burger, place on the dusted plate, and put in fridge for another few minutes.

Now heat some olive oil in a non-stick frying pan, and fry the burgers for around 5 minutes on a medium to low heat – flip them over once, and then a few moments later, flip them one last time. Finally, place onto a greased dish and oven bake for 15 minutes or so in a 400°F (200°C) oven, until golden.

Serve hot and do not hesitate to add some more grated vegan cheese !!! Sweet chilli sauce is a favourite topping for this dish – as is a huge salad to accompany it !!!

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*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



Lemon Zesty Cauliflower  
with Garlic Basil

Polenta Garden Pizza to  
Live For



## 60 COMMENTS



**Marlene Dufresne**

*March 8, 2011 at 11:08 pm*

I hope you don't mind a question? I live near Montreal Quebec – where would I be able to purchase the vegan ingredients you use in your wonderful looking recipes? While I am not

vegan at the moment, your site has inspired me to at least try some of the recipes!

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**Miriam**

*March 9, 2011 at 11:55 am*

Hi there Marlene and nice to hear from you. I have never been to Montreal Quebec, however fear not as you will be able to find almost all the ingredients for my recipes in a supermarket, health-shop, green grocer and vegetable markets – if you can get your hands on organic produce so much the better, otherwise go to the shops I mentioned and keep me informed as to the outcome – if I can be of any help, then I will. Good luck and speak to you again soon.

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**Miriam**

*March 9, 2011 at 11:58 am*

Hi Flavia, Thanks for that – these are a real treat because of the contrasting flavours – let me know your views once you make and taste these delights (sweet chilli sauce as a topping really works well, as does a crunchy green salad of your own choice). Have a great day and keep well!

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**Rebecca**

*March 9, 2011 at 4:36 pm*

As a relatively recent vegetarian, I am always on the hunt for nutritious and “do-able” recipes. Your site is a boon! I’m eager to try these burgers as well as several other recipes. Thanks for sharing!

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**Miriam**

*March 9, 2011 at 4:58 pm*

Thanks for that Rebecca and welcome to my blog, hope you enjoy these when you make them – they are great with sweet chilli sauce as a topping, and a green crunchy salad makes a complete meal out of this recipe. Let me know how it goes and thanks again !!

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**Cristina**

*March 9, 2011 at 6:58 pm*

Miriam thank you for sharing your delicious recipes! I have been making something different for dinner everyday and needless to say my family is very happy!! Have you published any cookbooks?...I am a fan!

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**Miriam**

*March 9, 2011 at 9:53 pm*

Cristina, thanks so very much for the wonderful comment and compliment – I am a writer and hope to get published with my cookery book in a matter of months (not years), you will be the first to know – however, what puts a smile on my face and inspires me further is your happy family – I will be posting up again in the next few days. Cheers to you !!!

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**Eva**

*March 10, 2011 at 8:26 am*

Well well...finally a mixture to enjoy , and also place in a bun as a burger too...i loved the taste of the sun dried tomatoes that gave flavour along with the sweetcorn some left whole for crunchiness too...again you are fantastic and easy to follow...Bravo...

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**Miriam**

*March 10, 2011 at 12:44 pm*

You are welcome and thanks Eva, they are pretty yummy aren't they – the contrasting tastes as you say really compliment one another and yes, also easy to follow recipe – and fun to share too !!

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**Miriam**

*March 12, 2011 at 10:22 am*

Hi the polenta is the one you buy in the packet which is mediu-fine but grainy to the touch and a deep yellow in colour – this is what is sold locally, it's not a powder in the way that cornstarch is. If you don't find self-raising flour, yes, you can add just under a teaspoon of baking powder. And for the egg replacer follow the instructions on the box as I don't know which make you are using. I use the Orgran which as it resembles a flour to look at you may add it in the dried ingredients as you make up the mixture (if yours too is of a floury consistency do the same as myself). Hope this helps Flavia. Enjoy !

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**Miriam**

*March 12, 2011 at 7:21 pm*

Hi, Stone ground cornmeal or polenta is it's name Flavia. Yes you add the egg replacer with the dried ingredients, that will be fine. Should go well. Have a great day !

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**The Joyful Vegetarian**

*March 14, 2011 at 12:49 pm*

I tried these a few nights ago. I didn't change anything and I loved them! They were a huge hit in my house :)I'd recommend trying them out!



**Miriam**

*March 15, 2011 at 10:43 am*

Hi and thanks for that – am glad that you loved them and that they were a huge hit in your house ! Best to you !



**Olga**

*March 16, 2011 at 5:57 pm*

Delicious concoction Miriam!! Well done to you!!



**Miriam**

*March 17, 2011 at 10:50 am*

Thanks there Olga, it's good to hear as much. Cheers !!!



**Lizzie**

*March 28, 2011 at 10:36 am*

I just tried these for the first time and they were really delicious!! Thanks for the recipe. I was a little worried about using uncooked polenta in a recipe, but the taste and texture were wonderful.



**Miriam**



*March 31, 2011 at 12:41 pm*

Lizzie, thanks for that – yes, the polenta is cooked within the burger when it is fried and glad to hear that you enjoyed them !!!

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**Sara Langley**

*April 6, 2011 at 5:23 pm*

Dear Miriam, what a treasure this wonderful page is, I am overjoyed to have access and these sunshine burgers are going to be my first try! I am already writing the shopping list, but still no clue where to get Orgran here, I will report if the my burgers were a success! Thank you so much!!

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**Miriam**

*April 6, 2011 at 5:38 pm*

Sara Hi there & welcome – you are making a great choice here. Now I don't know which part of the world you live in, but you are going to need a powdered form of egg replacer. If you live in the States or Australia, Italy or Malta you will find Orgran in your health food stores, if not you should find another make of egg replacer – if worse comes to worse use a little vegan powdered mash instead – but try and get the egg replacer as this is what I have had a success with – phone your foodstore first if it's too much trouble to go. I hope all works well as they taste awesome and are super great with a sweet chilli sauce !!!!

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**Sara Langley**

*April 6, 2011 at 9:20 pm*

I have been trying to find something like that, until now with no success, but I will try tomorrow again, I will manage somehow without..( I live in Germany!)



I REALLY, REALLY LOVE THIS PAGE AND AM SO EXCITED TO START OF!!

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### **Bree-Ellen**

*April 15, 2011 at 1:46 am*

I will be trying these tonight but I will be replacing the Flour with Almond Meal & the Carrot with Spinach, I'm not sure what Vegan Cheese to use thou as Soya Cheese is quite disgusting, anyone got any suggestions?

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### **Miriam**

*April 15, 2011 at 7:26 am*

Bree-Ellen, thanks for voicing your thoughts. So long as the burgers hold their form with Almond Meal then that sounds fine – spinach should be interesting, although these were made with a sweet savoury in mind, so let me know how that goes. Now with the vegan cheese am not sure what you find locally, but Redwoods and Daiya cheese both of which are vegan are great when cooked. Many vegan cheese taste better cooked than raw in my opinion, otherwise just use the nutritional yeast (usually found from a health food store) for a cheezy flavour. It seems that with vegan cheese it depends which brand your country imports or makes and what available that predetermines to some extent what you may cook. Personally, I think that most vegan cheese I have tasted still has a way to go before it can begin to compete with real cheese taste – however, some are good when cooked as on pizza, toast etc. Hope you find one that is okay if nothing else, good luck with that – again, let me know how it all goes.

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### **Van Pittsenbargar**

*April 29, 2011 at 12:07 am*

For the longest time I have been searching for veggie burger recipes and running quite low on success (living in the desert of southern New Mexico). Then I happened upon your brilliant blog that lists so many different burgers, and all of them are not only appealing and easy, but no doubt delicious as well. Miriam, you are truly a godsend and I take my hat off to you. Thank you, once again.

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**Miriam**

*April 29, 2011 at 6:10 pm*

Van my dear, that's a wonderful comment indeed, and have raised a massive smile on my face – I do hope you enjoy my burgers, be sure not to over process the mixture and to refrigerate them prior to frying (even overnight if you like) – try these sunshine burgers as they won't disappoint – be sure to have your favourite sauce with them (sweet chilli marries well with them). Cheers to you !

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**Anita Svensson Jensen**

*May 11, 2011 at 6:51 pm*

I will try those for lunch tomorrow as I know your recipes are all delicious. I have the redwood cheese and I can't help but finding it tasteless. I loved strong cheeses! Any suggestion how to spice it up?

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**Miriam**

*May 12, 2011 at 11:34 am*

Hi Anita, I sometimes mix the Pepper Jack Redwoods with the Blue cheese of Redwoods (ALL VEGAN FOLKS) and it helps to strengthen the taste when cooked – feel free to serve with sweet chilli sauce for further spicing it up, or any other sauce you like. Best to you !

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**Sneaky Vegan**

*June 16, 2011 at 12:42 pm*

Oooh these look delicious!!! Can't wait to try them!

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**carole strasburg**

*August 21, 2011 at 5:41 pm*

this looks like a great recipe to try. Thank you .

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**Miriam**

*August 22, 2011 at 11:31 am*

Hi there Carole hope you enjoy this recipe when you make it ! Cheers !

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**Lucy**

*September 1, 2011 at 1:32 pm*

I made these last night and they were FANTASTIC- I'm eating the leftovers now for lunch. I made a few substitutions to the mix depending on what was in the fridge and garden- added carrot and zucchini and had them with a coriander/silverbeet and avocado salad. what a winner! thanks!

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**Miriam**

*September 1, 2011 at 2:13 pm*

Hi there Lucy, glad you made and enjoyed these – I think that your substitutions where also fine. Remember they freeze well, so you might want to make more next time and pop

them in the freezer for another meal sitting. Cheers to you and look forward to your future comments !

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**Erin**

*November 27, 2011 at 5:39 pm*

Thankyou so much for this recipe! These were the BEST burgers I have ever tasted. I would love to have these every week. So So good! And my whole family liked them!

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**Miriam**

*November 27, 2011 at 6:03 pm*

Erin Hi there and welcome here on my site – I am grateful to you for your wonderful comment and feedback and am delighted to hear that your family and yourself enjoyed these so much. Please come back and comment again on other recipes of mine, your enthusiasm is infectious. Cheers to you !

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**Sharon**

*April 26, 2012 at 9:07 pm*

What do you set the oven temp at?

Also, do you add water to the sundried tomatoes or use them dry?

Looking forward to trying these.

My son makes grilled cheese sandwiches with the Daiya shredded Cheddar cheese and loves them. Wish I could find their cheese in block form.

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**Ruth Gyure**

*April 26, 2012 at 9:37 pm*

Hi..love the recipes...but..you are a fan of vegan cheese. As a dairy cheese lover (only thing I miss) I cannot tolerate vegan cheeses..they have a weird off taste. I hate Daiya for example/ Are there alternatives you recommend? I have heard that some people are starting to try to cultivate (with microbes) true vegan cheese and it interests me as a microbiologist.

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**Sylvia**

*April 27, 2012 at 5:37 am*

Can't wait to try these, they look yummy! Will leave another comment once I have made and shnarfed them!

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**Miriam**

*April 27, 2012 at 8:44 am*

Hi there Sylvia and welcome here. Many thanks for dropping by here with your comment. I look forward to your feedback once you have tried these. Cheers to you !

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**Miriam**

*April 27, 2012 at 8:47 am*

Ruth Hi there and welcome here. Thanks for dropping by with your comment. Yes, indeed I used to love my cheese back in the day I must confess – that said I make my own cheese these days – I agree with you about most vegan brands that I have tried, they don't really hit the mark. I make very good Vegan Cheese and hope to publish my cheese recipe in my forthcoming book – one that melts and tastes good ! Best to you !

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**Miriam**

*April 27, 2012 at 8:53 am*

Hi there Sharon – the oven temperature is being installed in the recipe in the next hour (check for it). The sundried tomatoes are as I stated in my recipe not wet, so just use them as they are. Hope this helps. Enjoy them and let me know how it goes. Best to you !

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**Mirian**

*July 16, 2012 at 9:54 pm*

These look wonderful and I am sure they will taste marvelous when I make them tomorrow! Too bad there are no vegan meltin cheese in Brazil, but I will look for a way to substitute it. Thank you so MUCH for sharing your amazing vegan recipes!

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**Miriam**

*July 17, 2012 at 11:33 am*

Mirian Hi there again, I hope you enjoy these. Try and order nutritional yeast, here is a link if you cannot find it in Brazil, this is a useful ingredient if you cannot find cheese there, it comes in flakes and you add it to a little vegan milk and four and thicken it so that you have a cheese sauce for lasagna etc, otherwise use it to spoon into recipes that ask for cheese, experiment with the quantity to suit your palette. [http://www.goodnessdirect.co.uk/cgi-local/frameset/detail/579698\\_Marigold\\_Engevita\\_Nutritional\\_Yeast\\_Flakes\\_\\_125g.html](http://www.goodnessdirect.co.uk/cgi-local/frameset/detail/579698_Marigold_Engevita_Nutritional_Yeast_Flakes__125g.html) you may also find it on ebay or amazon – it's definitely one of the most useful pantry additions you can have in your vegan pantry. Best wishes to you !

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**Michael (from Facebook)**

*August 18, 2012 at 12:24 pm*

These look delightful and yummy good! We sure could have used this recipe back during Independence Day (July 4) here in the USA when people were working to make the best burgers in order to celebrate the holiday! Anyway, these would still add some sizzle to the summertime or autumn grill! Thank you Miriam! 😊



**Marie**

*August 18, 2012 at 12:27 pm*

Hi again Miriam! These look great. Also being someone who can't readily get vegan grating cheese- I read the comment above, and just want to clarify- is your suggestion just to add nutritional yeast flakes to the recipe (quantity for quantity of grated vegan cheese?) Thanks!



**Lesley**

*August 18, 2012 at 3:36 pm*

Has anyone seen a recipe similar to this that uses corn and brown rice? – No Beans though. I had them once and they were delicious. Would love to get that recipe. Please email me if you know of a recipe.



**Miriam**

*August 19, 2012 at 10:04 am*

Lesley Hi there and welcome here. I am afraid I don't think I know quite what you mean. If you wish to use brown rice in this burger ? As for corn, corn IS used in this recipe. Wish I could help you but am not certain what you want out of this recipe ? Best to you.

**Miriam**

*August 19, 2012 at 10:07 am*

Hi there Marie, I think I would use half a cup of nutritional yeast in the absence of vegan cheese for this recipe. It really does depend on how strong a flavour your palette prefers. Try half, you can always use less or more next time – remember the central part of this recipe does not focus on cheese as it's main flavour, so don't worry too much about it. Best wishes your way in the meantime !

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**Miriam**

*August 19, 2012 at 10:09 am*

Hi there Michael and thanks for dropping by here with your comment. I agree these burgers would work well almost any time of year really, and it depends on what one serves alongside them too ! Very best wishes your way in the meantime & I look forward to your future comments on my blog !

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**Danielle**

*September 22, 2012 at 7:07 pm*

OMG!!!! These sound delish! Gonna try these tonight.) So glad I found this page!!

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**Miriam**

*September 23, 2012 at 10:52 am*

Danielle Hi there and welcome here. I too am glad you found my blog – Let me know how the burgers go and I look forward to your future comments on my blog and send best wishes your way !

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**Ty***October 10, 2012 at 7:00 pm*

I have been eyeballing this picture for over an hour. I am definitely making this for dinner as I have all of the ingredients. This looks so delicious. I love corn and anytime I can pair it with red onions is a great day. Love your blog and recipes.

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**Miriam***October 10, 2012 at 7:24 pm*

Hi there Ty, welcome here and thanks for dropping by with your comment. I very much look forward to your feedback on this and hope you enjoy it. Remember to have your favourite relish to hand, as it shouts out for dipping. My personal favourite is sweet chilli sauce or vegan mayo. Let me know how it goes and thanks for your kind words ! Best wishes your way in the meantime !

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**Sherri***October 11, 2012 at 1:05 am*

I love getting new veggie burger recipes.

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**Sandra Micallef***October 17, 2012 at 7:47 pm*

A big thumbs up! Enjoyed by all the family!

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**Miriam**



October 18, 2012 at 2:03 pm

Hi there Sandra and welcome here. Many thanks for dropping by here with your feedback. I am jolly delighted that all the family enjoyed this burgers and look forward to your future comments and feedback on my blog. Best wishes to you !

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**Melina**

December 4, 2012 at 1:51 pm

Miriam, these were DELICIOUS!! I am in heaven! I just made a friend bring me some Orgran from the UK so now am going to try a bunch of recipes. Unfortunately, I didn't notice the nutritional yeast that you have in other recipes so I didn't ask her for that. What's a good substitute for nutritional yeast in the way that you use it in recipes?

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**Miriam**

December 4, 2012 at 3:14 pm

Melina Hi there and welcome here. Where about in the world are you based ? Nutritional yeast is sold in most health food stores or order it on Amazon or other online stores. Truly speaking nothing can replace it ! Here is a link for the one we buy :-

<http://www.goodnessdirect.co.uk/cgi-local/frameset/detail>

[/579698\\_Marigold\\_Engevita\\_Nutritional\\_Yeast\\_Flakes\\_\\_125g.html](http://www.goodnessdirect.co.uk/cgi-local/frameset/detail/579698_Marigold_Engevita_Nutritional_Yeast_Flakes__125g.html) This is a very

important ingredient for the vegan pantry when it comes to many savoury dishes. I don't know whether you can purchase vegan cheese in the meantime, but it has a cheesy, nutty flavour and is wonderful. You can make cheese with it, cheese sauces with it etc, etc. I am delighted you have made and enjoyed these burgers in the meantime and I look forward to your future comments on my blog. Best to you !

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**Michael (from Facebook)**



*June 26, 2013 at 11:34 am*

Shared on Facebook! 😊

These sunny Vegan burgers have arrived just in time for summertime cookouts! 😊

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**Miriam**

*June 26, 2013 at 11:37 am*

Thanks Michael, you are 100% correct! 😊

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**Randy Stanard**

*July 14, 2013 at 3:34 pm*

Still no oven temperature specified in the recipe. Would 500 be a good temperature? LOL

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**Miriam**

*July 14, 2013 at 8:07 pm*

Hi Randy, I would say 400°F (200°C) is a good temperature, but leave them in the oven until they're golden.

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