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**MOUTH**  
**WATERING**  
**vegan**<sup>TM</sup>



## My Vegan Burger King

Can you imagine a soy-free, cholesterol-free, optionally gluten-free, faux meat-free BURGER that tastes so good you could become hooked ? Discover the magic of a great taste in a burger – healthy ingredients and a wonderful aroma that could convert any person contemplating veganism. But better than anything ever, YOU can make these burgers in the comfort of your own home, when you like, and as many times as you wish. They can be frozen, BBQ'd, fried, baked – and they're child-friendly too.

Could this be the next most famous, and most loved non-meat burger of all times ? I don't know, but what I do know is, it's darn good and I'm proud of it. Ladies and gentlemen, I bring to you my 'VEGAN BURGER KING'. Enjoy, and please comment on my blog once made and tasted, and I wish you a grand Bon Appétit in the meantime. X

Makes 8 to 10 burgers depending on size



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## INGREDIENTS

1 egg : 2½ Tbsp ground flaxseed mixed with ½ cup warm water

1 cup (measurement before cooking) white short grain rice (best to use white, as it's more glutenous) – washed, drained and boiled separately

1 cup (measurement before cooking) puy lentils \* – washed, drained, and boiled separately (see instructions on pack and don't over-cook them)

1 cup pecan nuts, finely processed

1 red onion (about ½ cup), finely chopped

1 medium sized portobello mushroom (about ½ cup), finely chopped

1 cup oat flour, or other gluten free flour of your choice

2 slices wholewheat bread (or gluten free), finely processed

1/3 cup sunflower seeds, finely processed

a handful of fresh parsley, processed

½ tsp baking powder

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Shares ½ tsp chilli powder (optional)

tsp curry powder (optional)

tsp Himalayan salt

Tbsp [teriyaki](#) sauce (optional)

tsp [Thai style seasoning](#)

just under ¼ tsp asafoetida powder

## ACCOMPANIMENTS FOR YOUR BURGER

a few Iceberg lettuce leaves, roughly chopped (optional)

cucumber slices (optional)

gherkins (optional)

1 slice of griddle pan fried eggplant/aubergine (optional)

1 portobello mushroom, finely chopped and fried in your griddle pan

vegan cheese slices (optional)

thousand island dressing – a mixture of vegan mayonnaise and ketchup in equal proportions (optional)

## 5

Shares [French's](#) mustard (link), or both

red bell pepper, sliced in strips lengthways and fried in your griddle pan

olive oil

wholewheat (or gluten free) burger buns ( you may toast the inside of these in readiness for assembling our burger once it's ready).

NOTE : \* Puy lentils are a must for this recipe because they have the correct texture that helps create the 'right-bite' and texture that this burger yields. Other beans or lentils will not work anything like as well.

ANOTHER NOTE : For an even denser burger, add more flax eggs (use 50 % more). Also, make sure you do not overcook the puy lentils, then, when you have drained them well, allow them to dry for an hour or so next to a window so that they lose more moisture, and add a little more dried breadcrumbs. These 3 tips will yield a denser burger. Without eggs we cannot get a burger as dense as a non-vegan one, but we sure as ever can make a tastier one, and certainly a denser one than most vegan ones.





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## METHOD

1. Start off by making your flax egg mixture. Grind your flaxseed in a coffee grinder or a **high speed blender** – this is far more advisable than using ready ground flaxseed, which can often turn rancid.
2. Use a small hand whisk or fork to mix the ground flaxseed with  $\frac{1}{2}$  a cup of warm water in a medium-sized bowl until well blended and thick, and then place your flax egg mix in the fridge for at least 15 minutes (ideally closer to an hour), to give it time to set.
3. Meanwhile boil your rice and puy lentils separately in plenty of water. Be careful not to overcook the lentils, as they need to be a little chewy, and not mushy.
4. Finely chop your onion and mushroom, and place in a large bowl.
5. Then process your pecan nuts, and add them to the onion and mushroom mixture.
6. Add in the remaining ingredients (to the onion and mushroom mix), except for the flax egg, and stir thoroughly.
7. Then add in the flax egg mix, and continue to mix until well combined – I preferred to get grubby, and used my hands to give it the final mix at this stage – I advise this because you have better control, and the flavours are better distributed.
8. Then, using slightly wet hands, form into tight round patties, transfer onto a pre-greased baking tray, and place in the freezer for 20 to 30 minutes – this helps them to bind better in readiness for frying or baking.
9. Then take out the burgers you need for cooking now, and any remaining can be put in a freezer bag and frozen (they cook just fine from frozen).
10. If you prefer to bake rather than fry your burgers, pre-heat your oven to 400°F (200°C), and bake on a pre-greased baking tray for 15 minutes or so on each side until golden (I haven't tried baking them, because I find most burgers taste far better fried than baked).
11. Otherwise griddle fry your burgers for 5 or 6 minutes each side, until they have a deep golden colour, then transfer into a well-greased ovenproof dish – do not cover, and place in the oven on a low heat (around 210°F/ 100°C) whilst you fry your veggies.

12. Now griddle fry your portobello mushrooms, onion slices and red pepper in olive oil until nicely charred, then sprinkle on a little teriyaki sauce.

13. Meanwhile lightly toast the inside of the burger buns, then remove burgers from oven.

14. Assemble the burgers (according to preference) by placing the lettuce, cucumber and gherkin on the

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base of the bun, followed by a good dousing of thousand island dressing (see above), the burger, a layer of vegan cheese (optional), the fried onions, the mustard (French's is best – link), followed by a layer of portobello mushroom and red pepper. Then close the top of the burger, prepare to engage your jaws by opening your mouth wide, and launch in !



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**PLEASE SCROLL DOWN TO THE COMMENT BOX AT THE BOTTOM OF THIS PAGE TO LEAVE YOUR COMMENT ON THIS RECIPE. THANK YOU.**



First Proper & Best-Ever  
Vegan 'Egg Mayonnaise'  
(Egg Salad) Sandwich

Express Cozy Chowder



**255 COMMENTS**



**Sophie**

*April 7, 2013 at 4:01 pm*

Sounds delicious!

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**Terry**

*April 7, 2013 at 4:12 pm*

alot of work...but it sure looks worth it...I will try and make this next weekend!!!! thanks  
Miriam...you are a love~

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**Janne Swearengen**

*April 7, 2013 at 4:12 pm*

What is a puy lentil?

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**sapphire**

*April 7, 2013 at 4:13 pm*

Oh my gosh – I can't wait to try these! They are truly mouthwatering! !!

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**Suenell Burlingame**

*April 7, 2013 at 4:14 pm*

Why use olive oil at all? I've read so often that when heated, it becomes carcinogenic! Why not suggest using grapeseed or coconut oil?

This looks absolutely WONDERFUL! I'm anxious to try it out myself! Thanks!





**linda**

*April 7, 2013 at 4:22 pm*

Can't wait to try these tomorrow. Hope mine will hold together like yours. Veganburgers, what a treat, especially for my grandkids. Thank You!



**Gerry**

*April 7, 2013 at 4:23 pm*

Hi Miriam,

Miriam, I have been wanting a "burger" recipe for some time. These LOOK amazing!

1. asafoetida powder doesn't seem to be available – is it for the flavor or for the gum? Or the gas from the lentils?

2. Would white beans work instead of lentils? (happen to have them on hand)

Thanks so much,

Gerry

PS- never did get your newsletter. i suspect it got stuck in my spam filter, because i have so much sometimes I miss things as I go through it.



**Sid**

*April 7, 2013 at 4:28 pm*

Janne, check this out – <http://www.foodsubs.com/Lentils.html#French%20green%20lentils>



**zuz**



*April 7, 2013 at 4:33 pm*

These look fantastic. I will definitely be making them for my meat eating husband next week. One question though, is the asafoetida powder necessary? not familiar with it. Thank you.

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**Tim**

*April 7, 2013 at 4:46 pm*

Hi Miriam,

Would you consider making and selling a batch of these?



**Susan N. Pearl**

*April 7, 2013 at 4:49 pm*

Hi Miriam:

I AM deathly allergic to rice can I use another grain instead if so what would you suggest?

Love your recipes thanks for your cr8tivity!



**Miriam**

*April 7, 2013 at 4:56 pm*

Susan Hi there and welcome here. So if you are not allergic to wheat too then you may use orzo – here is what it looks like in another of my (Greek) recipes. Hope this helps and let me know how it goes as and when. Enjoy !



**Miriam**

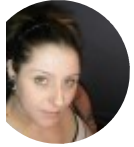


April 7, 2013 at 4:57 pm

Hi there Tim and thanks for dropping by here with your comment. If I was in the same country and with a 'pick-up' option yeah, may be I would. 😊

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**lou**

April 7, 2013 at 4:58 pm

can i sub the pecans for more sunflowers or say pumpkins cos of allergy 😊



**Miriam**

April 7, 2013 at 5:00 pm

Hi there Zuz and thanks for dropping by here with your comment. Be sure to let me know how they worked out for you and your husband's view too. Asafoetida is not absolutely necessary (you can order it online, ebay etc) – use a little onion powder instead though if you can. Enjoy and let me know how it goes as and when. 😊



**Miriam**

April 7, 2013 at 5:01 pm

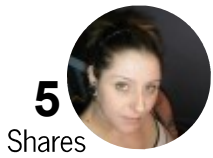
Thanks for that dear Sid. 😊



**Suenell Burlingame**

April 7, 2013 at 5:01 pm

I too am wondering about the Asafoetida powder. Are there any substitutions?



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**lou**

*April 7, 2013 at 5:01 pm*

i was also thinking of making a batch and freezin em? 😊



**Susana**

*April 7, 2013 at 5:04 pm*

I am also wondering if green lentils would work- I'll try to find the powder but suspect I won't have much luck locally, is there anything that could be substituted?



**Miriam**

*April 7, 2013 at 5:07 pm*

Dear Gerry, let me start with apologizing for the delay in my newsletter, the kitchen has a stronger hold on me than what I hope, but in it I create goodies for good vegans, friends, their families and a host of other people – the comments on my blog take up hours of my day every day and I like to answer all my comments wherever possible. Now asafoetida is not absolutely necessary (although it can be ordered online on ebay) but, it's great with the lentils and imparts the most amazing of flavours – that said, onion powder will do the job too, so use that if you can. Please do not make it with the white beans – puy lentils are a must I'm afraid with this recipe as they have the correct colour and texture for this recipe – puy lentils have a great texture and have a chewiness about them that makes these burgers absolutely rock ! This burger has been designed to look right, taste right with just the right amount of everything that combines to make it a very tasty and 'must make again' recipe for all that love that 'juicy cruelty free burger'! Let me know how it goes as and when and best wishes your way in the meantime. 😊

**Miriam**

*April 7, 2013 at 5:09 pm*

Hi there Linda, so glad you will be making these. The trick lies in making sure that your ingredients remain as dry as possible – be sure your mushroom is dry, your lentils and rice are well drained etc. I have given very concise instructions (method) in the recipe so be sure to have all your ingredients on standby and all will go well. Let me know how they work for you and the kids on my blog – my fussy 6 year old loved them ! Cheers ! 😊

**Deb**

*April 7, 2013 at 5:12 pm*

Janne, I was wondering the same thing and found a brief description here:

[http://www.bbc.co.uk/food/puy\\_lentils](http://www.bbc.co.uk/food/puy_lentils)

**Miriam**

*April 7, 2013 at 5:13 pm*

Hi Suenell and welcome here. Coconut oil is fabulous and you may use that by all means. However, in the meantime I love olive oil and have researched the subject extensively since it is a favourite of many chefs and home cooks alike. Therefore, here is some interesting info for you:- "Is it okay to heat olive oil ?" Answer :- Yes, so long as you don't over heat it and it does not reach smoke point. Solution :- heat up your oil briefly, then add the ingredients to it eg onions within half a minute. So, I think you may need to better inform yourself through the International Olive Oil Council and see what they have to say about it. Remember too, that there is olive oil and a good quality olive oil. When olive oil is over heated then it begins to break down and oxidation can take place, but if you avoid this process then it is okay to heat it bearing this in mind.

Here is what the International Olive Oil Council (IOOC) has to say about frying food with olive oil:

When heated, olive oil is the most stable fat, which means it stands up well to high frying temperatures. Its high smoke point (410°F or 210°C) is well above the ideal temperature for frying food (356°F or 180°C).

The digestibility of olive oil is not affected when it is heated, even when it is re-used several times for frying

**5** <http://www.oliveoilsource.com/page/heating-olive-oil>  
Shares  
Peace.



**Miriam**

*April 7, 2013 at 5:14 pm*

Sapphire Hi there and welcome here. I very much look forward to your feedback on these as and when. Cheers in the meantime ! 😊



**amita Thaker**

*April 7, 2013 at 5:17 pm*

hi miriam

can't wait to try this recipe.



**Miriam**

*April 7, 2013 at 5:19 pm*

Janne Hi there, Sid has sent you this useful link – Janne, check this out –  
<http://www.foodsubs.com/Lentils.html#French%20green%20lentils>



**Miriam**

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April 7, 2013 at 5:22 pm

Terry Hi there and thanks for dropping by here with your comment. When I looked at my written work it looked extensive, but that is because I gave full instructions in my methodology for making them – I could have been more concise in that regard, but I promise you that once all the ingredients and kitchenware are to hand it will be very easy and the burgers themselves are a joy to handle, you wait and see. Make extra and freeze them Terry, it's worth it, although unless you are feeding friends and a large family these should do for a few meals and freeze well. Enjoy and come back with your feedback as and when! 😊



**Miriam**

April 7, 2013 at 5:22 pm

Thanks Sophie and hope you make and enjoy them at some point. 😊



**Claire**

April 7, 2013 at 5:50 pm

Hi Miriam, Love Love your recipes. When you do get time for your news letter. Please could I join the mailing list 😊



**Evelyn Malcolm**

April 7, 2013 at 5:51 pm

Love the sound and sight of this recipe! Hope to make soon! 😊



**Miriam***April 7, 2013 at 5:51 pm*

Yes you sure can Lou. Let me know how it goes on my blog and enjoy ! 😊

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**Miriam***April 7, 2013 at 5:51 pm*

Use onion powder instead Suenell. 😊

**Miriam***April 7, 2013 at 5:52 pm*

Lou they should freeze well. 😊

**Miriam***April 7, 2013 at 5:53 pm*

Susana Hi there – try to get hold of Puy lentils they work the best with this, they are also green and have a slight chewy consistency. Use onion powder instead of the asafoesida. Hope this helps. 😊

**Miriam***April 7, 2013 at 5:55 pm*

Please do Amita and let me know what you think ! Enjoy ! 😊

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**Miriam**

*April 7, 2013 at 5:56 pm*

Claire Hi there and welcome here. I have added you to my newsletter already, it will be a week from now before it's out meantime I do hope you indulge yourself in this recipe, if so come back with your feedback and enjoy ! 😊

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**Eibhlin**

*April 7, 2013 at 5:57 pm*

flaxseed is ground and mixed, rice and lentils cooking, porcinis have been soaking for quite some time... i can't wait! i will be eating them with fried caramelised onions and vegan mash as i don't have any burger buns but simply couldn't wait to try them out! thanks, will check in later with my result 😊

**Eibhlin**

*April 7, 2013 at 6:11 pm*

oh and a little remark from my side for those of you just starting off with miriam's wonderful recipes – they can look a little daunting at the start, it took me a while to get all the ingredients in, but when you have cooked 7 or 8 of her recipes a) you have a great store of vegan ingredients built up and b) they don't feel like work any more. i have learnt so much from her blog – so stick at it people, it's more than worth it!

**Billie-Jo**

*April 7, 2013 at 6:30 pm*

Will chia seeds work in stead of flax. I have all the ingredients other than flax seeds, and can't wait to make them.



**pastor harrison**

*April 7, 2013 at 6:37 pm*

I would like to print(think foodnetwork.com)your wonderful recipes without all the graphics and still include your tag. And save recipes in a file (think allrecipes.com).



**Miriam**

*April 7, 2013 at 7:00 pm*

Sorry Pastor Harrison but I don't have this facility at this time – a thought for the future though ! Hope you enjoy this.



**Miriam**

*April 7, 2013 at 7:01 pm*

Although I have not tried it with chia seeds myself, I am pretty sure that from what i have seen and read that they are pretty interchangeable, so go ahead and let me know how it all goes as and when on my blog. Thanks and best your way !



**Miriam**

*April 7, 2013 at 7:03 pm*

Oh Eibhlin that is so true and so very, very nice of you to say so, thanks on behalf of all on my site ! 😊

**Miriam***April 7, 2013 at 7:07 pm*

Eibhlin – You will probably be the first one on the blog to try these out, although many others on my recipe FB page also endeavour to try them out asap – be patient with each step and you will reap the reward, final tip:- don't skimp on the oil when frying ! Enjoy ! P.S. I am about to fry our 2nd batch for our dinner shortly. 😊

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Shares**Eibhlin***April 7, 2013 at 7:16 pm*

oh i hope i am the first 😊 i know they would be delish as real burgers with buns... but i couldn't resist just making them with other accompaniments/condiments. maybe i can post a photo on your facebook page? they look pretty good raw... 😊

**Miriam***April 7, 2013 at 7:25 pm*

Sure thing dear – but i want you to taste them and enjoy them 1st – by all means snap a shot or two in the meantime ! 😊

**Eibhlin***April 7, 2013 at 8:08 pm*

ok \*drumroll\* result: i am eating them with red pepper onion teriaki chili fried rice (made too much rice for the recipe) and they are SOOOOOO good! i added extra curry and chili as always, i like it spicy. perfect consistency, taste is fantastic, jsut wish i could fit in the whole batch! yummy, thank you again miriam! can also really imagine them with fresh crispy lettuce leaves tomato and cucumber in a bun – will tra that with the ones i will

(unfortunately) have to freeze.

another winner miriam! 😊

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**Eibhlin***April 7, 2013 at 8:11 pm*

and i soaked my porcinis for a little over an hour, squeezed them, and gave them a quick whirl in my mini processor and that worked.

**Vanessa***April 7, 2013 at 8:15 pm*

I was looking at the ingredients in making this burger, and I got confused in the wordings. Which parts go into the "meat" and which are just dressing for the burger? Where/when do I put the sunflower seeds?

**Miriam***April 7, 2013 at 8:40 pm*

Vanessa Hi there – a little heading was missing which I just added now – it's the accompaniment ingredient list. Hope this helps – as there was so much pressure on me from yesterday's response to my picture of it on FB, it was left a tiny bit 'rough on the edges' – will re-refine it if needs be, but it should all be more or less there now. Enjoy! 😊

**Jessalyn***April 7, 2013 at 9:25 pm*

They look delicious. I'm so tired of store-bought vegetarian burgers, so these vegan ones will be even better! Thanks for posting this!

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**Miriam***April 7, 2013 at 9:31 pm*

That was fast – you won the race there, I am impressed at how fast you managed it all. Sounds super. We had ours with slices of griddle pan fried eggplant which made the whole thing even juicier – I left out the cold stuff, ie gherkins, cucumber, lettuce etc – so we had them with the peppers, onions, eggplant, portobello mushrooms char grilled and it was heaven – so much so that I added this option on the recipe – so next time you must try it this way too and let me know what you think Elbhlin. 😊

**Miriam***April 7, 2013 at 9:32 pm*

Glad that worked Elbhlin. 😊

**Miriam***April 7, 2013 at 9:34 pm*

Hi there Jessalyn – You are welcome and hope you make and enjoy them – let me know what you think on my blog as and when you have tasted them. Also they freeze well in the event that you have made more than you need ie 8-10 portions as per recipe. Enjoy and cheers your way in the meantime. 😊

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**Jenn***April 8, 2013 at 12:43 am*

I just made these tonight. SERIOUSLY the best burger I have ever had. Hands-down amazing. Incredible. Really, thank you, this is going to be a huge staple in our home!!!! <3 MUCH LOVE!!

Jenn

**5**  
Shares**Melissa***April 8, 2013 at 2:07 am*

I am allergic to mushrooms. Do you have any suggestions on replacing it with something, or do you think it could be left out and yield a burger as tasty?

**Miriam***April 8, 2013 at 5:29 am*

Melissa Hi there and thanks for dropping by here. I would use chopped pieces of pre-fried eggplant, wipe any excess oil off. Also use eggplant slices in lieu of the portobello mushroom as an accompaniment to put on the burger when assembling it prior to serving it, together with the other accompaniments I suggested (griddle pan fried red bell peppers, onion etc). Hope this helps and come back with your feedback as and when you have made and tasted it! Enjoy! 😊

**Miriam***April 8, 2013 at 5:35 am*

Jenn many thanks for coming on my blog with your feedback – I appreciate that. I am delighted that you have enjoyed it thoroughly – I am also thrilled that my claims are

supported by your endeavour to make and taste it and more to the point I am even more chuffed that you have found a staple, a burger that works in terms of both taste and texture and that you will enjoy time and time again – your mouthwatering vegan burger !!! Thank you and kudos to you for serving it up in your home and I very much look forward to your future comments on my blog. Best wishes your way in the

**5** meantime ! 😊  
Shares



### Wendi

*April 8, 2013 at 7:16 am*

Oh dear! Never seen Puy lentils in the supermarkets here. They don't even tell you what kind they are on the packs just 'large' or 'thin' or red or yellow. Welcome to Cyprus! Also I've found Amazon won't deliver here either, it's like this country doesn't exist, so many on-line shops don't deliver to Cyprus, Greece yes, the rest of Europe, yes, but Cyprus no. Such a pain!



### Miriam

*April 8, 2013 at 10:39 am*

Wendi Hi there – I understand your frustration, but panic not, here is a link I found for you – they appear to ship worldwide too [http://www.ebay.co.uk/itm/Merchant-Gourmet-Puy-Lentils-250g-From-UK-Will-Send-World-wide-/251018416335?pt=UK\\_Home\\_Cookware\\_Dinning\\_Glassware&hash=item3a71dd10cf](http://www.ebay.co.uk/itm/Merchant-Gourmet-Puy-Lentils-250g-From-UK-Will-Send-World-wide-/251018416335?pt=UK_Home_Cookware_Dinning_Glassware&hash=item3a71dd10cf) Good luck and let me know how it all goes as and when. 😊



### Honey

*April 8, 2013 at 4:25 pm*

Oh yum! And I actually have some puy lentils!! Actually the package doesn't say they are,

but they look like the photos I see online, so I guess they are? I think I'll sub walnuts for pecans as I don't have any, hopefully that'll be alright.

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**Miriam**

*April 8, 2013 at 5:04 pm*

Hi there Honey – let me know how it goes, am not sure what the lentils you have are – the Puy ones have a chewy consistency which is what is needed for this recipe and although walnuts resemble pecans the flavour will not be exactly the same. That said, it may be worth the try. Cheers to you! 😊

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**Fernanda**

*April 9, 2013 at 4:30 am*

I have a BBQ this weekend, now I know what I'll be eating.... Thanks for the recipe, it looks AMAZING!!!

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**Miriam**

*April 9, 2013 at 9:35 am*

Hi Fernanda let me know how it goes as and when. 😊

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**Joyce**

*April 10, 2013 at 2:03 pm*

It would be nice if someone who had actually tried these would make a comment!

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**Sylvia***April 10, 2013 at 2:06 pm*

Yummy! thank you! I am waiting for your book from Amazon

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**Mohamjip***April 10, 2013 at 2:15 pm*

I will be making this for sure. Your photos show something that even looks like a burger; not like other veggie burgers. And ... puy lentils are my favourite and the most flavourful. I found out by accident when I used them along with kidney beans in a vegan chili sans carne and all the non-vegetarians thought it was ground beef.

**Brett Cummins***April 10, 2013 at 2:22 pm*

I made these a couple of nights ago, and the kids went absolutely wild. That's really saying something, as they would always go for junk given half a chance. But that chance doesn't exist in the thoroughly vegan Cummins household ! But now that challenge has been overcome thanks to the constantly delicious recipes on this blog. These had a wonderful taste, good firm texture, and they were frankly the best vegan ! or veggie burgers we've ever had ! Thanks again as ever Miriam !!

**Miriam***April 10, 2013 at 3:20 pm*

Hi there Brett and thanks for dropping by here with your comment/feedback. Am delighted that your kids and yourself enjoyed these burgers, it's great when kids enjoy the meals we prepare for them, particularly when they are healthy ones (that's a bonus usually). Very

best wishes your way and I look forward to your future comments on my blog ! 😊

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**Miriam**

*April 10, 2013 at 3:23 pm*

Hi there Mohamjip and thanks for dropping by here with your comment. I hope you make and enjoy these soon and return with your feedback. The Puy lentils are my favourite too, they seem to have a little chewiness about them that makes them great for certain dishes that replicate meat and for these burgers they are ideal ! Enjoy !

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**Miriam**

*April 10, 2013 at 3:24 pm*

Oh Sylvia, hope you enjoy these too ! I feel you won't regret the book when it arrives ! Best your way and drop by with your comments and feedback as and when. 😊

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**Miriam**

*April 10, 2013 at 3:27 pm*

Joyce Hi there. I think that people have tried it Eiblin and Jenn are two people I recall off-hand that tried and loved these, oh and I received feedback from Mr Brett Cummins today who made them, loved them as did his children. If you also visit my FB recipe page you will find some others too ! It's a new recipe so sometimes feedback takes a few days – in fact I never got so many comments within days of posting this recipe up since I started my blog ! As with all recipes we have to rely on our individual taste for a personal reference. Be sure to have Puy lentils and the rest of the ingredients and hope you too enjoy them ! 😊

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**Melissa***April 10, 2013 at 7:05 pm*

So wanted to try this but not only am I a vegetarian but I'm sensitive to tree nuts and gluten....any suggestions?

**5**  
Shares**Eibhlin***April 10, 2013 at 7:17 pm*

yes indeed they were delicious. sorry, my pics didn't turn out so well so i didn't post them. they wouldn't have done justice to this great recipe!

**Miriam***April 10, 2013 at 7:32 pm*

Eibhlin Hi and thanks for that, no problem about the pics, the important thing is that you enjoyed it! 😊

**Miriam***April 10, 2013 at 7:35 pm*

Melissa Hi – use gluten free bread and as for the nuts use a mixture of toasted sunflower seeds and pumpkin seeds. Hope this helps. 😊

**Cassidy***April 10, 2013 at 10:53 pm*

Made these tonight! Wowzers – ah-maze-ing!

I used dry green lentils instead (just watchex carefully as they cooked) and basmati rice. I also used 2 slices of rye bread instead.

I was lazy and just threw everything into the food processor instead of mixing by hand.

I also froze them entirely before cooking.

**5**  
Shares They held their shape and they were incredible!!!!

ove your website Miriam! I don't know how I'd do it without you!! 😊

Keep the delicious vegan recipes coming!

o



**Miriam**

*April 11, 2013 at 1:57 pm*

Cassidy Hi there and thanks so much for your very positive and enthusiastic feedback, I am so glad you enjoyed these ! They do freeze very well I have to say and agree that they hold their form. I very much look forward to your future comments on my blog ! Best wishes your way in the meantime. 😊



**Maraika**

*April 12, 2013 at 5:34 am*

Hello Miriam. Are the Rice and lentils measured after they have been cooked? I have measured them before and it just seems a lot of lentils. So thought I would just confirm for next time. I am about to mix them up now. Thanks.



**Miriam**

*April 12, 2013 at 8:27 am*

Hi Maraika, the rice and lentils are measured prior to cooking – there seems to be a lot it's true, but you can make over 8 burgers with this mixture. Hope you have enjoyed them! 😊

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**5**  
Shares



**Maraika**

*April 12, 2013 at 9:18 am*

Thanks Miriam. And they were delicious. I got 12 good size burgers out of them and they hold together beautifully. No doubt I will tweek some of the ingredients a little to suit (maybe walnuts instead of pecans and I do leave some hotter spices out) but otherwise they are perfect as is. Great recipe and one I will be sure to make again – and again! Thank you.

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**Joe**

*April 12, 2013 at 2:03 pm*

Are green/brown lentils same as puy? Am afraid there out of reach for me 😞

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**Miriam**

*April 12, 2013 at 4:45 pm*

Hi Joe – Puy lentils are sold in every health food store in Malta – Sliema Casa Natura, Shanti of Mosta, as well as many of the supermarkets in Malta. They are a greenish brown in colour but they are NOT like the normal ones they have to say Puy on them – it's what makes them chewy and ideal for this recipe. Other lentils will yield a mushy end result. Hope this helps.

---



**Miriam***April 12, 2013 at 4:47 pm*

So glad with your feedback dear Maraika – I agree 100%. Yes, spicing them up some more to suit your culinary preference or for a change is a great idea. Best your way !

**5**  
Shares**Joe***April 13, 2013 at 12:41 pm*

Hi.... Yes yer comment did help...I found them in a local supermarket. Now to get cracking. You introduced me to quite a number of new items which I never knew they existed.. Bless ye.

**Kelly-Michelle***April 13, 2013 at 2:23 pm*

My tastebuds are singing!

I just made these tonight and they are wonderful. I would even say my new favourite burger!

Thank-you for sharing this delicious recipe. 😊

**Deborah***April 14, 2013 at 8:53 am*

I had an attempt of doing burgers the other day, but although good, they're not giving me the right feel. These seems to have what it takes. I'll give them a go, looks delicious.



**Miriam***April 14, 2013 at 10:11 am*

Hi therer Deborah – thanks for dropping by here and hope you make and enjoy these burgers soon – let me have your feedback as and when, and remember use Puy lentils. Enjoy ! 😊

**5**  
Shares**Miriam***April 14, 2013 at 10:13 am*

Hi there Kelly-Michelle, I am so glad that you have made and enjoyed these terrific burgers – I am delighted that they are your favourite burgers, how awesome is that ! They are mine too. I look forward to your future comments on my blog and best wishes your way in the meantime ! 😊

**Miriam***April 14, 2013 at 10:14 am*

Thanks there Joe – always good to be of good service to others. Good day to you ! 😊

**Sonia***April 14, 2013 at 5:57 pm*

Hi Miriam!

I just made the recipe today and the burgers are in the fridge ready to be cooked for dinner tonight! I've tried soooo many veggie burger recipes hoping to find one that was good enough to substitute the "full soy" supermarket burgers. I'm really looking forward to try them tonight. I'll let you know how it went 😊

Kind regards from Germany, although I'm from Spain 😊 just here for a few weeks visiting my German boyfriend! If he likes the burgers (he's not vegan) that will definitely mean the recipe is a winner!!! 😊

---

**5**  
Shares



**Miriam**

*April 14, 2013 at 6:20 pm*

Oh Sonia great of you to drop by here with your comment. Make sure you have great bread buns to accompany these, a few extra copped raw onions rings cut finely, and yours and his favourite relishes. Yes, indeed do let me know how it goes. Hope you used the puy lentils – if so all should be well. An advanced bon-appetite to you and yours. Cheers until later! 😊

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**zuz**

*April 16, 2013 at 12:20 pm*

I made these on Sunday (with couple of minor changes) and they turned out great!!can't eat cashews so i used pistachios instead and didn't have any curry powder so added smoked paprika. absolutely delicious, thank you for the recipe.

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**Miriam**

*April 16, 2013 at 4:53 pm*

Zuz hi there, you got me thinking, are you referring to the burgers, as this is where you are posting up your feedback, the reason why I am saying this is because I don't use cashew nuts for this. Cheers.

---





**zuz***April 18, 2013 at 10:21 am*

oops, sorry I meant to say pecans. my bad.

**5**Shares

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**Miriam***April 18, 2013 at 2:40 pm*

Pecans are fine with this Zuz! 😊

**Sonia***April 19, 2013 at 12:28 pm*

Hi Miriam 😊

The burgers were amazing!!! Best ones I've ever done 😊 I didn't have puy lentils so I use green ones instead...and in my opinion (also my boyfriend's) they tasted great! We ate 3 burgers each of us! hahaha, with their buns, lettuce, tomatoes and ketchup. So yummy! Anyway, today I bought puy lentils and I'm gonna make them again 😊 This time many of them so I can freeze them and have them any moment I feel like it 😊

Such a great recipe without soy (I'm intolerant) and any meat substitute 😊

Congrats! I'll make more of your recipes in the future 😊

Kind regards from Spain 😊

**Miriam***April 19, 2013 at 6:11 pm*

Sonia Hi there, that's super news through and through. Enjoy them and I look forward to your future comments on my blog! Best your way in the meantime! 😊

**Denise**

*April 20, 2013 at 9:58 pm*

Hi Miriam, this is only the 2nd of your recipes that I've tried out. But you are making my transition into a vegan lifestyle easier than I ever anticipated it could be. Your Vegan Burger King 'screamed' Friday night dinner for me when I saw it, and THEY. WERE. BRILLIANT! 😊 As mentioned by many others, my omnivore husband loved them too. And I'm all set for Summer because I have 7 of the little gems waiting in the freezer for the BBQ season to fire up 😊 Thanks so much for the effort you go to in explaining the ingredients and esp. the method. Once everything is ready to go, your recipes are clear, easy to follow and absolutely delicious. You are an absolute treasure. Thank you xx

**Miriam**

*April 21, 2013 at 12:49 pm*

Denise Hi there and welcome here. Thank you for dropping by with your awesome news ! All positive culinary changes, all for the best – I am so glad you enjoyed these burgers, and they will see you through the summer months ahead. I am posting up my BBQ recipes in the next day, so stay tuned. Meantime, I very much look forward to your future comments on my blog. I have also found that many ladies such as yourself who have omnivore husbands have received great results when cooking many of my recipes, particularly of the pasta nature – lasagnas and savoury bakes would be your best bet Denise. Cheers and come back with your feedback as and when. 😊

**shari**

*April 21, 2013 at 11:57 pm*

Did anyone try the "just bake" method? If so how did they turn out??

**Miriam**

*April 22, 2013 at 9:46 am*

I am not sure if anybody did Shari. You can fry them with just a little Olive oil spray or just a little coconut oil on a griddle. It is the griddle that brings so much fun to this recipe. You could griddle fry it on both sides and then place them in a oven proof pre-greased dish for further baking – in this way you will keep your oil consumption to a bare minimum if that is what you are after ! Hope this helps, and enjoy ! 😊

**Odette**

*April 22, 2013 at 5:01 pm*

I tried a variation of this recipe and it worked out great. My first try did not, however, and that is because I did not have the flax egg. As soon as I added that, the burgers cooked thoroughly, and it was awesome. My 11 month old daughter even liked them ! I cooked them on a flat pan with a little oil. Worked out fine.

Thanks Miriam!

**Muriel**

*April 22, 2013 at 7:23 pm*

Dear Miriam,

Thank you for sharing all those great vegan recipes! I have made these burgers tonight and absolutely loved them!!! Also the process of making them and the look of the burgers!!! Only thing I would like to improve is the firmness. Can you get them firmer by changing baking method? I used a 'contact grill'. Will they get firmer in the oven?

Wishing you all the best!



5  
Shares

**Joe**

*April 23, 2013 at 7:46 am*

Today I tried these. They're marvellous, excellent to say the least. Your just wonderful Miriam. 😊

This is how I cooked them; straight from the freezer fried them with a splash of olive oil until browned on both sides. Then popped them for a few mins in the MW.

Then fried some mushrooms and a sliced onion + HP sauce. Ooooooh heavenly esp with lettuce too.



**Eibhlin**

*April 23, 2013 at 8:00 am*

they passed the defrosting/reheating test. had 2 yesterday evening in a crisp bread roll with hot chili sauce, mayo, cucumber and spring onions. divine! the "real" test is tonight. my "oh no not vegan again" boyfriend will be eating them when he gets home from work as it will be too late for him to cook. i'll let you know how it goes.



**Miriam**

*April 23, 2013 at 10:09 am*

Eibhlin Hi and thanks for your feedback. I shall eagerly await your feedback regarding your boyfriend. Meantime, so glad you enjoyed them ! 😊



**Miriam**

*April 23, 2013 at 10:10 am*

That really is awesome news dear Joe. So glad you enjoyed them – and that HP sauce really gives them a kick too, well done for your culinary efforts, it's so great being veg isn't it! 😊

**5**Shares

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**Miriam***April 23, 2013 at 10:20 am*

Muriel Hi there, a few tweaks could help – add more flax eggs, use 50 % more, make sure you are not over-cooking the puy lentils, then when drained well allow them to dry for an hour or so next to a window so that they loose more moisture, add a little more dried breadcrumbs. These 3 tips will yield a denser burger. Without eggs we cannot get a burger as dense as a non-vegan one, but we sure as ever can make a tastier one and a denser one than most vegan ones – that was the idea in creating this. Good luck and enjoy!

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**Miriam***April 23, 2013 at 10:27 am*

Hi Odette welcome here. So glad you made these, they wouldn't work without the flax eggs of course, so was delighted to know you added them to your 2nd trial and that you and your little one enjoyed this recipe. I so much look forward to your future comments on my blog! 😊

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**Miriam***April 23, 2013 at 11:46 am*

Joe – I have a surprise for you. I have posted up my VEGAN TIMPANA ! Enjoy !!! 😊

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**Joe***April 25, 2013 at 2:21 pm*

TIMPANA ooooooooooooooooooh! Mum used to make it regularly some 60 odd years back but not veg or veg for sure. Didn't dream about these things.

**5**  
Shares**Miriam***April 25, 2013 at 2:26 pm*

Joe Hi – I hope you make it sometime and enjoy it. If so, let me know how it all went for you! 😊

**David***April 28, 2013 at 2:01 am*

I am looking forward to making your Vegan burger king. However, I am unable to find short grain white rice at the local market. Is sushi rice or arborio rice acceptable substitutes?  
Thank you

**Miriam***April 28, 2013 at 9:38 am*

David Hi there. Both arborio and sushi rice are perfect for this recipe – go ahead, and remember to come back with your feedback as and when!

**David***April 28, 2013 at 3:56 pm*

Thank you for your quick response. One last question. I am using Panko whole wheat bread crumbs. Approximately how much bread crumbs equals 2 slices of bread called for in the recipe?

Thank you.

**5**  
Shares



**Miriam**

*April 28, 2013 at 5:47 pm*

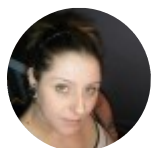
I am going to take a guess here David – 1 and a half cups. Let me know how it goes, be sure that you don't overcook your Puy lentils, they need to be on the chewy side. Let me know how it goes ! 😊



**Mark G**

*April 29, 2013 at 7:30 pm*

I would avoid Himalayan salt as it's high in fluoride and we don't need additional fluoride in our diets. We need to be removing fluoride not adding it.



**lou**

*April 29, 2013 at 8:03 pm*

sorry to be a pain in the bum, any suggestions for subbing pecans no nuts allowed over here 😊 we can eat seeds though 😊 thank god.. imagine life without hummus id die! lol



**Miriam**

*April 29, 2013 at 8:26 pm*

Hi Lou, use a mixture of seeds like pumpkin and sunflower – be sure to roast them 1st ! Enjoy and let me know how it goes as and when.

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**5**

Shares

**Ron***April 29, 2013 at 8:43 pm*

Oooooo, this looks soooo good. You are the best! My wife thinks I am a great cook. I owe it all to Miriam. 😊

**Miriam***April 30, 2013 at 9:41 am*

Why thanks there Ron – so glad you are treating your wife and that you are both enjoying the recipes from here, how wonderful ! I look forward to your future comments here. 😊

**Miriam***April 30, 2013 at 9:52 am*

Mark Hi. Here are the benefits of Himalayan Salts – every salt should be used in moderation and 'good salt' is needed by the body unless there is a serious health issue that cannot take them. Here is one link:- <http://www.buzzle.com/articles/himalayan-salt-benefits.html> Here is another :- <http://products.mercola.com/himalayan-salt/> and there are many more. Moderation is the key I feel Mark.

**Sebastien***April 30, 2013 at 1:05 pm*



Hi. I happen to be visiting a vegan community in South India. I'll register for the dinner cooking tomorrow and try this recipe. You'll get about 30 vegans tasting this recipe at once. I'll come back to you for feedback. Thanks for the research, the nice photos and your enthusiasm. Stay healthy!

**5**Shares

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**Miriam***April 30, 2013 at 4:08 pm*

Hi there Sebastian and welcome here. How very interesting. Kindly remember that in order to get a good texture it is vital to use Puy lentils and NOT overcook them. Also before forming them into patties be sure that you've enough salt, then if possible pre-freeze the mixture for around 30 seconds as they handle better in that way. We must remember and appreciate that without eggs we do our best to have as dense a burger as possible – also the flax eggs are important. Basically follow the instructions to the T for best results. I will look forward to your feedback here. Meantime, I leave you with two words 1. Enjoy ! and 2. Bon Appetite !

**Eibhlin***May 1, 2013 at 3:20 pm*

They went down really well with my boyfriend. and I got such a big batch of them... I have now tried them as a "classic" burger with cucumber, lettuce and onion – and what can I say? fantastic! I have even ordered a grill pan to fry my next batch and will be inviting my neighbours over.

This is seriously one of your best creations so far miriam 😊

**Miriam***May 1, 2013 at 3:23 pm*

That's super news Eibhlin ! So glad you and your boyfriend enjoyed them ! Great to know there are more waiting for you in the freezer and lucky neighbours too ! Cheers and hope they enjoy them too (let me know if so). 😊

**5**Shares

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**Catherine Hamilton***May 2, 2013 at 9:59 pm*

Love this...as I have everything I've tried so far!

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**Melinda***May 2, 2013 at 10:35 pm*

Hey there! me and my boyfriend (he's not a vegan but enjoys vegan cooking as much as me) just made them for dinner. We find them absolutely delicious ! we changed just a few ingredients since we live in Spain and didn't know where to get some of them. But still sooooo good! thank you very much, Miriam !

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**Miriam***May 3, 2013 at 6:36 am*

That is awesome news Melinda, and I look forward to your future comments on my blog !

**Miriam***May 3, 2013 at 6:39 am*

Thanks Catherine ! 😊

**Bridgett**

*May 6, 2013 at 8:11 pm*

I would LOVE to see an instructional video on this and what this 'burger' looks like during the cooking process and after assembled...I am sure you are too busy to make a video, but thought it would be an awesome idea!

**Joye in Mesa**

*May 6, 2013 at 10:15 pm*

Miriam,

I desperately wanted to make these this past wknd. I went to my local Whole Foods store here in AZ with this recipe in-hand and I could not find the following ingredients, so I sadly had to ditch the recipe (I showed staff your recipe too. They looked these up and said they were not in the system). Are the following sold under a different name here in the States, or is my only option to buy them online? And if I can only get them online, where can I get them where I'd only have to pay 1 S/H charge?

- PUY LENTILS
- ASAFOETIDA POWDER

**Miriam**

*May 7, 2013 at 9:26 am*

Hi there Bridgett. Time is what holds me back dear Bridgett, we have so much going on. It's a plant to do something on video at some point but cannot promise when. The pictures however are there as a basic guidance. If you follow the recipe you should be fine. Best wishes your way ! 😊



**Jo**

*May 8, 2013 at 2:23 am*

Outstanding ! My new favorite!!! (I used walnuts instead of pecans) Thanks !!

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**Miriam**

*May 8, 2013 at 5:42 am*

That sounds perfect Jo, and so glad they're your new favourite !

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**Fran**

*May 10, 2013 at 5:30 pm*

How did you get those amazing grill marks? I have a grill pan and did not get the same results.

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**Miriam**

*May 10, 2013 at 8:47 pm*

Fran Hi there. I have to be totally honest with you and say I don't know, the pan I used for this was new and I myself was very happy with the results – I am guessing the griddles on them are very defined, the pan is new and non-stick. No secret other than what I mentioned. If you see the eggplant dish I served with a beautiful balsamic dressing (I think it may be on my homepage) you will see the same result. Sorry I can't be of more help.

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**Sunny***May 12, 2013 at 7:06 pm*

Just made these and I wanted to cry as I was eating them, they were so good! I guess I made them smaller than you as I got 15 from this recipe. Finding the ingredients required some hunting around and ordering online, but managed to get them all even here in Norway – and boy was it worth it! Now I have burgers for the summer BBQ, and my long-standing burger craving has been satisfied. Thank you so much for this recipe!

**5**  
Shares**Miriam***May 12, 2013 at 8:31 pm*

Dear Sunny you are most welcome and I am delighted that I have managed to satisfy your burger craving. I look forward to your future comments on my blog! 😊

**Connie Fletcher***May 25, 2013 at 3:16 pm*

I am sooooo excited to have found this site...I'm on my way to the store to buy puy lentils...I ran out...these burgers look wonderful, and the comments from all the folks who have tried them have convinced me that I MUST MAKE THESE T.O.D.A.Y.....

**Miriam***May 25, 2013 at 6:25 pm*

Connie Hi there and thanks for dropping by here. Be sure to get the correct lentils (puy) otherwise, make and enjoy and come back with your feedback as and when! 😊

**Zach***May 26, 2013 at 5:34 am*

Will they come out good with a substitute for the white rice? I don't eat fragmented food.

**5**Shares

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**Miriam***May 26, 2013 at 10:36 am*

You will need some kind of a grain to make the texture firmer – barley, more breadcrumbs, crushed nuts (walnuts) – that kind of thing. Hope this helps and enjoy! 😊

**Michael (from Facebook)***June 5, 2013 at 11:05 am*

Shared on Facebook! 😊

Just in time for summertime cookouts – a real whopper of a Vegan burger! 😊

**Alexa75***June 5, 2013 at 11:09 am*

Hi, I'm new to your site, but I love it! Do you happen to have the nutritional facts for the burgers? They look amazing!

**Miriam***June 5, 2013 at 6:13 pm*

Alexa Hi there and thanks so much for dropping by here. I apologize but I don't have the

nutritional facts of any of the recipes – there hasn't been a particular demand for this and time is so tight with all the culinary commitments, but I do really hope you enjoy my recipes from my blog – see the categories for what may take your fancy ! Best wishes your way and I look forward to your future comments on my blog.

**5**Shares

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**Miriam***June 5, 2013 at 6:13 pm*

Thanks so much Michael, and glad you think so !!! 😊

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**Kat***June 7, 2013 at 6:01 am*

I am new to vegetarian cooking and it was tough to find some of these ingredients here but I just made these yesterday, posted on fb and three people asked for the recipe! It took me a good portion of my day to make, but I doubled the recipe, some of which I will save for a future date. A lot of work but they turned out delicious! Left out the parsley (didn't have on hand) and used baby bella mushrooms. Yummy! Thanks for the experience!

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**Miriam***June 7, 2013 at 10:37 am*

Hi Kat, I am glad that you enjoyed them. I will be posting up some easy to make burgers in the future – without eggs binding for texture is not simple if a good burger is promised, which this is. Glad you have more left, that's a super idea. Cheers !

---



**Stephanie**

*June 9, 2013 at 6:38 pm*

Just came across this and ....wow! I cannot wait to try! Imusually just make the old oat and bean vegan burger, butni really have been wanting to try a mushroom base burger. As for the olive oil debate, I do side on the fact it is safe when heated to non smoking point. However, I find it amusing that advice on the safety of olive oil is coming from the olive oil industry. That's like a Daughter of the Confederacy walking into a bookstore asking for an unbiased view of the Civil War from the Southern point of view. I tend to lean more towards objectivity as should some people here. Anyway, I still cant wait to try the burgers!

**5**  
Shares

**Miriam**

*June 9, 2013 at 7:36 pm*

Stephanie hi there, hope you enjoy my mushroom burger. With regards to olive oil, extra virgin olive oil appears to be the best to use – it is not dangerous, but at the same time it is not a highly nutritious source of vitamins. Question is, is extra virgin olive oil safe to cook with ? and in my research as an advanced nutritionist the answer appears to be yes, so long as it does not reach smoking point (as the link to the olive oil research info correctly states) – I have much respect for Dr Michael Greger's opinion about the subject, here is the link to his short talk about olive oil <http://nutritionfacts.org/video/extra-virgin-olive-oil-vs-nuts/> Is it a super power food ? The answer to that is a clear no. Is it safe to cook with ? The answer is Yes so long as it does not reach smoking point. Do I recommend it for cooking ? Yes I do. Hope this helps.

**Sheila**

*June 12, 2013 at 8:58 pm*

Hi there Miriam

Have the biggest grin on my face right now.... Three of my children and I just finished eating



these wonderful creations of yours ( A GENEROUS TWO EACH )...

In case anyone else reads through comments to see if these are good – THESE ARE THE VERY BEST VEGGIE BURGERS, HANDS DOWN !!!!

I've been veggie for 18 years and my children from birth, never thought a burger made by me, could be so

**5** so good 😊 Had to let you know ...  
Shares

Thank you so much for sharing , I will be checking out the rest of your blog asap

Il the best from Ireland 😊

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**Miriam**

*June 13, 2013 at 2:20 pm*

Hi there Sheila, thanks so much for sharing your wonderful news with me. Kudos to YOU for making these for your wonderful kids. They also seem to freeze well, so for next time that could be useful. Very best wishes your way and I very much look forward to your future comments on my blog! 😊

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**Simone**

*June 16, 2013 at 12:55 pm*

So excited!! for Australians wanting the asafoetida powder at Coles in the aisle that sells the indian sauces & papadums etc. Can't wait to make this and all the other recipes that use the powder.

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**Miriam**

*June 16, 2013 at 2:36 pm*

Thanks there Simone, and I look forward to your feedback on my blog! 😊

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**Joye in AZ**

*June 17, 2013 at 10:20 pm*

Hi, all!

110+ degrees out (43 Celsius) right now – perfect time for pool-side hamburgers. I made this for non-vegan company this past wknd. (6/16/13). The feedback was that it was good, BUT they would want me to add Liquid Smoke and more Asafoetida Powder. They wanted more salt which I thought was funny because I didn't add it – I'm on a sodium-restricted diet! So I feel confident that if I would have added the requested Himalayan Salt, the group's taste buds would have been satisfied. One friend also suggested to brush EVOO or other favorite oil onto the patties before adding them to the grill – they stuck a little. It's a LOT of work though – both Asafoetida Powder and Puy Lentils are not easy to find in these parts. I was fortunate enough to find both at a large Asian market, but it was 30 minutes one way from my home. I strongly suggest you double (even triple!) this recipe and freeze it to be more convenient – although to be quite honest I don't know if it freezes well! Miriam, what say you? My friends had a great idea – make in "bulk" and shape into meatballs and meatloaves as well as patties. If this does great in the freezer, that is my next step in my meal-planning process. I wish I could share a photo I took of my burger; it looks just like the one Miriam has! So happy with this. DEFINITELY worth the effort 😊

**5**  
Shares

**Miriam**

*June 18, 2013 at 3:44 pm*

Joye Hi there and thanks for sharing all that with me here. Firstly kudos to you for making these. They are delicious, but personal taste always intervenes in this instance always constructive – SALT, low sodium or not, most people like to taste the salt, so leaving it out or decreasing it is not the best in terms of final results. Remember none of my recipes are cast in stone in terms of exact ingredients, particularly when it comes to salt, chilli heat, and spices – so turn the heat on, spice it up, add more smoke, it's all part of the fun! Yes, if there are extras by all means ball them, fry them whatever you wish. They do freeze reasonably well, be sure to have some oil in your palms when shaping if you wish to freeze them so that they will grill better when cooking from frozen. Next time feel free to add a

pic on my Mouthwatering Vegan FB page ! 😊

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**Nigel**

*June 22, 2013 at 10:55 pm*

Hi Miriam

These look wonderful, my mouth is watering! I can't wait to give these a try at a family BBQ I'm going to where everyone is a carnivore "boohissss" and i have been asked to bring my own food as they dont know what i eat!!!! hopefully these beauties will get a few converts . Who says vegan food is bland 😊

Do you think tinned puy lentils would work?

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**Miriam**

*June 23, 2013 at 10:49 am*

Good idea Nigel sounds great. Don't use tinned puy lentils for this as the result with be too mushy. Let me know how it goes as and when ! 😊

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**Ali**

*July 3, 2013 at 12:18 am*

Hi Miriam,

I made your hamburger on Monday [Canada Day]and it was an instant hit .... I used walnut and doubled curry and chilli .... Did not use asafoetida powder [did not have any]... Beautiful grill marks as well .... I will be making a whole bunch this week-end and will freeze them.

BTW, I got your book this afternoon and flipped through it ... It is a gem 😊

---

**Miriam***July 3, 2013 at 6:27 am*

Hi All and thanks for dropping by here with your comment – so glad you enjoyed this burgers, they really are wonderful ! I agree about the grill marks, which makes them that more attractive to eat! I am delighted you received my book and hope you enjoy it ! Please write an amazon review for me if you like it ! 😊

**5**  
Shares**Bridgett***July 5, 2013 at 3:14 pm*

Hi Miriam, I am making these as we speak and wondering on the rice and puy lentils if the measured amount is before or after cooking? would it be 1 cup of cooked puy lentils? or 1 cup and then cook them and add the pot of cooked in the mix? The same with the rice. Confused lol Thanks!

**Bridgett***July 5, 2013 at 3:52 pm*

One more question, are the lentils and rice supposed to be pulsed first or just put into the mix whole? I don't see exactly where they are added in. Thanks!

**Miriam***July 5, 2013 at 7:15 pm*

Bridgett Hi. The amounts given for both the rice and the lentils are before they are cooked, otherwise one would have to precook an unknown amount and take a cup from it, which wouldn't be practical. Hope you enjoy these !

**Miriam***July 5, 2013 at 7:18 pm*

Hi Bridgette – Go to number 6 of the instructions – in brackets I have answered your question. 😊

**5**  
Shares**Jodi***July 6, 2013 at 9:01 pm*

Is there anything I can substitute for the flax eggs. My tummy has a real hard time with flax seeds. Thanks very much. Just made the Gobsmacked Sticky Tofu Burgers last night for myself and a non-vegan. He took some home and ate them for breakfast this morning he liked them so well! Love your new cookbook 😊

**Miriam***July 7, 2013 at 9:39 am*

Jodi Hi there and thanks for dropping by here with your comment. In that case you have 2 options either use 2 teaspoons of egg replacer powder, or use normal flour, around 2 tablespoons it must be gluten flour, the normal all purpose flour, as we need the gluten to help bind them. Glad you enjoyed the burger from my book, and if you haven't already and like my book I would dearly love an Amazon review from you, even if it's just a few lines. Best your way and enjoy ! 😊

**Nigel***July 9, 2013 at 2:22 pm*

Hi Miriam

Just an update....made the burgers and took them to a family BBQ. They went down very

well was asked by a raging carnivore for the recipe! These just taste like heaven thanks for sharing. Got your book today not put it down yet, the only problem with it is.... what to make first! :o)

---

**5**  
Shares



**Miriam**

*July 9, 2013 at 2:34 pm*

Nigel Hi, thanks for that wonderful feedback, I bet you must be delighted and a HUGE KUDOS TO YOU for making, preparing and sharing this recipe with others, well done ! You have put quite a smile on my face that your non-vegan friend asking for the recipe, it's the type of comment that makes me happy. 😊 Another thing that would beat that is a comment/review on AMAZON of my book if you like it ! P.S. Finally a small detail – if and when you make the Mature Cheddar kindly double the amount of agar powder, my revised recipe did not reach my publishers in time that is why – so please pencil this amount in my book. Kindest your way and look forward to your review as and when if possible. 😊

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**Linda Upfield**

*July 15, 2013 at 12:20 pm*

Hi Miriam, Another wonderful recipe – thank you so much. I decided to bake them and overdid it a bit but I've already eaten two today and want another so, so badly! Very tasty and very addictive – the more you eat, the more you want. Getting it all together involved a lot of dishes and washing up but oh so worth it 😊

---



**Miriam**

*July 15, 2013 at 1:16 pm*

Linda Hi. Thanks for your feedback. I realize that these burgers are not just a 6 ingredient, mash in a pot, shape and fry. But that is why such flavours and textures bring together a

great result. The key is to make a bunch and freeze them – in that way one would make these 3-4 times a year, with others from my blog/book which are a little different and equally as tasty. Hope you continue to enjoy my recipes, and I look forward to your future comments on my blog! 😊

**5**Shares

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**Shelley***July 16, 2013 at 12:37 pm*

I made this recipe, served the burgers at a dinner party and everyone thoroughly enjoyed them. I adjusted the recipe ever so slightly as we have limited vegan-friendly ingredients in South Africa. I will definitely recommend making these and freezing them as they are healthy, delicious and quite versatile. Thanks for the great recipes, Miriam.

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**Miriam***July 16, 2013 at 1:50 pm*

That really is great news dear Shelley. I agree with you about making a bunch and freezing them. Best your way and I look forward to your future comment here. Cheers! 😊

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**Audie***July 29, 2013 at 8:47 pm*

Hi everyone. The people that are having trouble finding puy lentils can use lentilles vertes available from tesco's whole foods section. Apparently they are the same as puy lentils but grown in a different country so cannot be called puy lentils. I used them and found they worked a treat 😊

---





**Miriam**

*July 30, 2013 at 7:52 am*

Thanks for that Audie, how useful ! 😊

**5**

Shares

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**Phil**

*August 4, 2013 at 1:34 pm*

Wonderful burgers! I found them easy to make and they cooked well from frozen making a lovely Sunday Lunch and complimented with your Tabuleh recipe. Thanks!

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**Miriam**

*August 5, 2013 at 6:36 pm*

That's awesome news to know Phil, thanks for letting me know ! I look forward to your future comments on my blog ! 😊

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**Dawn**

*August 6, 2013 at 2:48 pm*

I find myself intimidated by the amount of ingredients and the long recipe but they look amazing. Can they be frozen? I might be more inclined to make them if I can double up and freeze lol.

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**Marilyn Scarratt**

*August 6, 2013 at 3:35 pm*

Thank you for the great pictures. They drew me into your recipe then your book and all the



rest ...so grateful you are sharing all this and teaching us how to eat.

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**5**  
Shares



**Carol Nye**

*August 6, 2013 at 4:41 pm*

It would be really fabulous if you had a "print version" option here, making it more economical to print the recipes.

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**Miriam**

*August 6, 2013 at 5:55 pm*

Carole Hi, sorry this is not available at this time.

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**Miriam**

*August 6, 2013 at 5:55 pm*

Many thanks Marilyn and if you ever order my book, let me know when it reaches you ! 😊

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**Miriam**

*August 6, 2013 at 5:56 pm*

They freeze very well Dawn ! 😊

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**nick catricala**

*August 7, 2013 at 3:34 am*

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**5**  
Shares

Miriam... I have been a vegan for almost 7 years and vegetarian for 15... this is the most mouthwatering vegan burger I ever seen.. not certain will be able to do it my self.. but will love to come to your place and have two of them.. any invitation?

THANKS so much for all you are doing for us Vegans and for so many others that will enjoy all your recipes...

You are an amazing person and I thank you very much for being YOU.

All the best in every way....

\_nickc



**Miriam**

*August 7, 2013 at 10:31 am*

Hi Nick and thanks for dropping by here. This burger is indeed fabulous, great texture and super taste. I have some easier burgers to make in my new book and really enjoy creating them. Best your way and hope you continue to enjoy my recipes ! 😊



**viv**

*August 9, 2013 at 2:44 pm*

I made these earlier and they tasted fab but looked nothing like the pic. I know you talk about the puy lentils needing to be chewy when cooked but should they be prcessed once cooked to mix in with the rest? the whole lentils seemed to give it a bit of a weird texture. i used golden linseed instead of the flax (not sure if it's the same thing?) and hazelnuts instead of pecans as that was all i had.



**Miriam**



August 10, 2013 at 7:07 am

**5**  
Shares

Viv Hi there. I really cannot say what happened with the result of your burgers in terms of trouble-shooting and diagnosing what has caused this. I say this because I have made these time and time again, and others too here have made and succeeded with them – so it may have something to do with how the lentils where cooked. When you say weird (not that I blame you) it does not quite define the end result, so i am a little confused at this point. You say they did not look like the picture, well that is not a concern as how they are then cooked can effect how they look visually. With regards to the lentils again, it may be that you need to process half of them, and then the rest pulse for a second in your processor just for blending not breaking down purposes. Hope this helps ! 😊



**Chelssie**

August 21, 2013 at 8:28 am

My husband and I made your “Vegan Burger King” burgers last night and I have to say they were BY FAR the tastiest vegan burgers we’ve ever had! The recipe was easy to follow, and the texture was spot on....surprisingly meaty and they stayed together nicely, even when fired up on the grill. Thanks so much!



**Miriam**

August 21, 2013 at 1:24 pm

Now that’s what I call a success burger story Cheissie, and thanks for dropping by with your comment. I look forward to your future comments on my blog ! 😊



**Marianthi**

August 31, 2013 at 6:02 pm

Hello Miriam! I love your recipes and this one looks lovely! One question though, does it freeze well? Because I am a master's student with limited time... Thank you!

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**5**

Shares

**Miriam***September 1, 2013 at 1:16 pm*

I haven't tried to freeze these myself, as I make them as I need them – but that said, others here have tried them and frozen them and from what they say, they freeze well, so it's certainly worth the try! Let me know how they go as and when! 😊

**Mary Ann***September 11, 2013 at 5:46 am*

WOW! These are delicious and really taste and grill/fry up like hamburgers. They are also easy to make –the most time consuming part is cooking the rice and lentils, which could be done ahead of time. And make sure to put your bread slices out ahead of time so it dries up for the bread crumbs (or use store bought).

SUBS:

puy lentils –I used french green lentils (which are puy lentils)

asafoetida powder- I used onion powder

I didn't have Teriyaki sauce so I used Tamari/Soy Sauce

I didn't have Thai seasoning so I added a few shakes of garlic powder.

THANK YOU MIRIAM for yet another amazing recipe!

**Miriam***September 11, 2013 at 9:38 am*

Hi there Mary, you're welcome and thanks for your feedback and input here. So glad you enjoyed them, and you are quite right about preparing the rice, lentils and breadcrumbs ahead of time, otherwise they are pretty straight forward to put together ! 😊

**5**Shares

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**Scott***September 15, 2013 at 1:44 am*

I am really new to the vegan thing, I'm trying for health reasons, I'm a brittle diabetic and have horrible health problems. I grew up on a beef farm, and almost every meal we make is based on ground beef. Can this recipe be used to make my own veggie crumble. I really enjoy cooking and do it yourself plans, plus my Midwest grocery stores have limited vegan choices, other than just vegetables. Have only enjoyed the lifestyle a few weeks, but am going strong, and have shed a few pounds too. Thanks for all the recipes you've shared.

**Miriam***September 15, 2013 at 1:43 pm*

Scott Hi there, sorry to hear about your health issues. TVP is a solution, you would need to order it online, if so, here is a link for you to see Bob's Red Mill TVP (Textured Vegetable Protein), 10-Ounce Bags (Pack of 4)

[http://www.amazon.com/gp/product/B002YR97J2?ie=UTF8&](http://www.amazon.com/gp/product/B002YR97J2?ie=UTF8&creativeASIN=B002YR97J2&linkCode=xm2&tag=mouthwvegan02-20)

[creativeASIN=B002YR97J2&linkCode=xm2&tag=mouthwvegan02-20](http://www.amazon.com/gp/product/B002YR97J2?ie=UTF8&creativeASIN=B002YR97J2&linkCode=xm2&tag=mouthwvegan02-20) – I realize that if as you say it is not possible to purchase frozen crumble where you live then TVP will do the job and is a dehydrated soy protein also known as textured vegetable protein and can be used in my other recipes too instead of frozen veg crumble. I hope you enjoy my recipes and on a vegan diet your cholesterol should also be lowered significantly. Also try some of my juice and smoothies since you can get hold of these. Best your way in the meantime.



**andie1980***October 23, 2013 at 3:30 pm*

what are the measures in grams pls? being uk I dont understand cups 😞 x

**5**Shares

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**Miriam***October 23, 2013 at 7:12 pm*

Hi there Andie, no worries, here is a weight cups to grams converter link for you 😊

<http://www.goodtoknow.co.uk/recipes/531168/cups-to-grams-converter>

(my book is in both US and UK measurements).

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**beachmama***December 10, 2013 at 7:35 am*

These sound amazing Miriam ~ I can't wait to try them! BTW, I've made several attempts to buy a subscription to Vegan for Life but there is some glitch. I've emailed the publisher more than once and no resolution : ( Any suggestions would be most appreciated. I imagine I'm not the only one having difficulty . . .

---

**Miriam***December 10, 2013 at 8:46 am*

Hi there beachmama (would love to have your name) – hope you make and enjoy these ! Regarding the magazine, we have changed the digital distributor. Have you written to Magzter ? If so, we are no longer with them, for the reasons you mention. Please give me some details so that I may help you. Best, Miriam

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**Lisa***December 12, 2013 at 7:06 pm*

Hi Miriam,

I'm on a serious quest for a vegan and gluten free burger. Just tried your recipe. The things I did different than your recipe: added the flax mixture (with 50% more) in the beginning, not the end as your instructions state. And did not let it sit in the frig (it did sit on counter till it thickened up, though). I also sauteed the onions/mushrooms a bit to remove any moisture. Also used glutenous rice (sweet Japanese rice) to make sure it would bind better. And lastly, could not use pecans, so substituted sunflower/pumpkin seeds. Would these changes make the middle of the burger mushy? Thanks for your help!

**5**  
Shares**Miriam***December 12, 2013 at 8:49 pm*

Lisa Hi and thanks for dropping by. I'm not sure what would have made the middle mushy – you made quite a few changes, Quick troubleshooting – next time follow recipe (especially to refrigerate them and do not pre-cook the mushrooms as they are of themselves soggy once cooked), make them smaller and after frying allow them to cool in the pan and then bake them for a few minutes in a grease proof dish before serving !

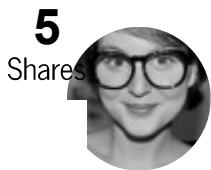
**Lisa***December 14, 2013 at 6:13 pm*

will give it another try hopefully today. thanks for your input!

**Miriam***December 15, 2013 at 10:54 am*

Hope all goes well Lisa 😊

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**Rebecca Cleaver**

*December 30, 2013 at 11:04 pm*

i made these for christmas lunch and they were amazing – everyone loved them. my local store was out of oat flour so I used regular flour (so not gluten free) and I couldn't find puy lentils (maybe they're called something different in Australia?) so I used green french lentils which did the trick. We froze them for a few days then defrosted them overnight before frying them up. Perfect! thanks for the recipe.

---



**Miriam**

*January 1, 2014 at 3:06 pm*

That sounds all prefect Rebecca. The lentils are French ones and if you made them with regular flour then they would have even adhered better, so that's good news. Hope you enjoy my other recipes and I wish you a Happy New Year 2014! 😊

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**Julia**

*January 8, 2014 at 10:49 pm*

Hi Miriam, can you use the put lentils in the pouch (Merchant Gourmet brand, I think) and a pouch of rice to cut down on prep time? I'm a lazy cook. 😊

---



**Miriam**

*January 9, 2014 at 5:56 pm*



No harm in trying there Julia, just be sure that the mixture is solid enough and don't overcook your grains. Enjoy! Most people that make these love them so much that they make a whole bunch second time round as apparently they freeze well! 😊

**5**Shares

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**Ann***February 17, 2014 at 8:52 pm*

I do not eat mushrooms. What can I use in place of them?

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**Miriam***February 18, 2014 at 8:05 pm*

Hi Ann – chopped and pre-fried eggplant pieces will do the job! 😊

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**shana***April 7, 2014 at 11:00 pm*

Hi, are puy lentils the same as "lentils du puy" or "le puy" lentils?

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**Miriam***April 8, 2014 at 7:56 pm*

Yes Shana they are the same, hope you make them and that you enjoy them – let me know how it all goes as and when! 😊

---

**Bern***April 9, 2014 at 3:41 pm*

Yummos

**5**Shares

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**Miriam***April 10, 2014 at 10:41 am*

Hope you make and enjoy it Bern. 😊

**Esther Davis***April 13, 2014 at 4:24 pm*

Asafoetida can be found at any East Indian grocery. It is used predominantly in East Indian dishes!

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**Miriam***April 14, 2014 at 11:42 am*

Thanks for that Esther and hope you enjoy them ! 😊

**Melissa***April 24, 2014 at 9:37 pm*

I'm so desperate to make these! Found the asafetida and puy lentils, but could you recommend a Thai spice blend sold in the US? Is it a powder or a paste?

---

**Miriam**

*April 25, 2014 at 8:52 am*

Melissa Hi, as I am in Europe, I wouldn't have a clue what is sold in the US, so please just see what you can find in a supermarket (make sure it's vegan) – if you go to the Asian section, you are bound to find something suitable. Hope you make and enjoy them ! 😊

**5**  
Shares

**Bridgett**

*May 14, 2014 at 6:41 pm*

Hi Miriam, I have made these burgers 3 times now. The taste is wonderful, but the burgers don't look like yours at all. I followed all the instructions and ingredients exactly and the burgers are chunky and dry still. the 3rd time I used your tip where you stated we could add extra flax egg, which I did, with no change. Your burger looks like it is pulverized and mashed together like real burger meat, while whole lentils and rice keep falling out of mine. can you give me any tips on how to make them mushy and moldable like yours? thanks in advance!

**Miriam**

*May 15, 2014 at 4:37 pm*

Bridgett Hi there. Others have made and succeeded in this – I am not sure what has happened to your burgers. I say to use flax eggs to get a better bind, but that said it sounds like yours need more moisture to act as a glue. So let me suggest that you get around a cup full of the mixture and process in a food processor until totally mashed up – then add this to the rest of the mixture. It sounds as though you need to mash some of the ingredients. The trick with this burger is the mixture of different textures. Hope this helps ! Best your way and good luck for next time. 😊

**Tommy Ray**

*May 24, 2014 at 9:05 pm*

Miriam, these burgers are absolutely amazing! I have some still frozen and can't wait to eat them. I recently went vegan a couple weeks ago and plan on a lifelong commitment. I'm so impressed with your website and am excited to try more recipes!

**5**  
Shares

**Miriam**

*May 25, 2014 at 12:54 pm*

Hi there Tommy, so happy that you enjoying my recipes and I very much look forward to your future comments on my blog and a huge kudos to you for choosing VEGAN ! Enjoy !

**Jordan**

*July 19, 2014 at 7:00 am*

Hi. I'd love to make these for myself, but I'm allergic to sunflower seeds. Do you have any substitutes for them?

**Miriam**

*July 19, 2014 at 2:09 pm*

Hi there Jordan and welcome here. You may use pumpkin seeds instead if you like them, if not just add more nuts. Hope this helps you. Enjoy and let me know how it goes as and when. 😊



**Caroline***August 3, 2014 at 12:03 am*

I think if you used quinoa and then a regular gluten flour this would work too... Give it a whirl

**5**  
Shares**Miriam***August 3, 2014 at 1:35 pm*

Hi Caroline – probably would. 😊

ingback: [Lazy Sunday I: Iron-Rich Recipes You Should Totally Make | vegga](#)

Pingback: [What Will I Eat As A Vegan? | The Legacy Of Pythagoras](#)

Pingback: [Master List Of Vegan Info | The Legacy Of Pythagoras](#)

**Jacqui***January 4, 2015 at 10:17 pm*

Made these tonight for dinner ~ so GOOD! 4 clean plates and 8 more burgers in the freezer for another day. We would add more seasoning next time, and possible try the denser texture idea by adding more breadcrumbs. A resounding hit nevertheless, from a newbie undertaking the 30 day pledge. Thanks. Have posted photos as a private message for you to see as I don't think I can add them on here. Jacqui x

**Miriam***January 7, 2015 at 7:44 pm*

Awesome news Jacqui, and as you may have seen on our FB page, I have shared your

wonderful endeavours. Hope you enjoy many more recipes from my blog ! 😊

---

**5**  
Shares



**Kimberly**

*March 9, 2015 at 1:23 pm*

This is now my favorite veggie burger recipe! I have been looking for a long time for a homemade veggie burger that satisfies my burger craving, and folks, we have a winner!

---



**Miriam**

*March 9, 2015 at 3:48 pm*

Thanks there Kimberly, so very glad you have found your winner – I must confess, it's our favourite too, and never lets us down ! Hope you enjoy it for many years ahead. 😊

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**Pam Nosworthy**

*March 11, 2015 at 4:16 am*

I am drooling about the thought of eating this burger you have created Miriam.I found a burger that has beat any others but i bet yours will beat that one....keep up the good work... Thanks one of your vegan foodie followers...:)

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**Miriam**

*March 24, 2015 at 9:43 pm*

How sweet Pam, thanks ! Please let me know how this works out for you as and when Pam and best your way in the meantime !

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**ChrisD***August 27, 2015 at 4:21 pm*

Miriam these look fantastic, I cannot wait to whip up a batch this weekend. Thanks for all of the amazing recipes!

**5**  
Shares**Miriam***August 31, 2015 at 4:52 pm*

Hi Chris, do hope you have made them and enjoy them too ! Let me know as and when !  
Cheers ! 😊

**Domie***October 28, 2015 at 1:32 pm*

I wish being able to do this but, as non-native english speaker, I have pain to try to read and understand this very very long recipe. Is there a shorter version ? 😊

**Miriam***October 29, 2015 at 11:02 am*

Sorry Domie, this recipe is lengthy it's true, but a rewarding one. Hope you find others from my blog that you can make and enjoy ! Cheers ! 😊

**Carla***November 6, 2015 at 3:19 am*

Where can I find puy lentils? Is there something that I can use to replace it? Thank you in

advance.

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**Miriam**

*November 7, 2015 at 2:21 pm*

Health food stores usually carry them Carla, even some supermarkets. Other lentils may not work since they become somewhat mushy and starchy after cooking. By contrast the puy lentils keep their form. The only other alternative would be barley.

---

ingback: My Vegan Burger King – Mouthwatering Vegan Recipes™ | Vegan Coyote



**Michele**

*January 7, 2016 at 1:20 am*

These are so good! I love that the recipe makes so many. I make it up to keep them on hand in the freezer. I just moved from Oklahoma to California, so had to leave the rest of my batch behind. The new freezer stock is formed and setting in the freezer now. Thanks for all your yummy recipes!

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**Miriam**

*January 8, 2016 at 6:02 pm*

That sounds ideal Michele ! I am working on some more vegan burgers for a book – so keep your eyes peeled, we have come a long way with patties, burgers etc in the vegan world ! Cheers !

---



**Brenda**





*May 3, 2016 at 12:30 am*

Not to be a pain in the bum when you already went to so much on our behalf, but I have a question others may also have. How much rice and puy lentils do I use if I am starting off with rice and puy lentils I have from other dishes? In other words, how much cooked of those items? Thank you so much in advance and thank you for giving so much to us! : )

**5**  
Shares



**Miriam**

*May 4, 2016 at 8:54 pm*

Hi Brenda, thanks for dropping by here. I confess I don't have the answer to your question, for the simple reason that I always make things from non cooked pulses and grains, and as they swell after cooking and change their size and shape, I have not weighed them after cooking. You can try and triple the amount in terms of ready cooked, but I am only taking a very rough guess ( or check with Mr Google 😊 ). Cheers ! 😊



**Domie**

*July 4, 2016 at 10:49 pm*

Hi ! That looks great but is there a shorter version ? (my english is not very good)



**Miriam**

*July 17, 2016 at 6:41 pm*

Domie Hi. Sorry there is no shorter version. But use google to translate the ingredients for you if you can. It won't matter too much if you have a few missed ingredients in terms of spice or seasoning, you can always use your imagination !

**Herc***September 16, 2016 at 8:31 am*

Thank you for your great article.

In fact many carnivores prefer vegan venues, as i found out on this article :

<http://animal-welfare.org/worlds-best-burger/>

Anybody likes vegan burgers ?

**5**  
Shares**Sandi***December 6, 2016 at 4:55 pm*

Will these burgers come out okay without the mushrooms? My vegan daughter is allergic to them and a lot of vegan recipes call for mushrooms, especially the vegan burgers.

**Miriam***December 9, 2016 at 10:45 am*

Hi Sandi, the mushrooms really are integral in this recipe, both for their taste and texture (mouthfeel), however, you use eggplant instead and add some extra breadcrumbs – hope you make and enjoy them !

**Elizabeth Rados***September 9, 2018 at 11:54 pm*

I made these tonight and they were yummy. I had to make a few substitutions because I missed some ingredients. In place of the fresh parsley, I used some dried, but added about a quarter cup of ground beet, for the color mainly. I didn't have short grain rice, but I had arborio, so I cooked it like risotto, and it did well in the recipe. I had more moisture than what may have been right, so since I can tolerate gluten, I added 1/4 vital wheat gluten. I

baked them in the oven for 7 min. each side, which held them together nicely, then I fried 4 patties for dinner on a griddle. I brushed a little olive oil on them for crust and to give nice grill marks. Thank you for this recipe. I will use it again with all your ingredients next time. Fantastic job!

**5**Shares

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**Miriam***September 16, 2018 at 12:31 am*

Hi Elizabeth, so glad you made and enjoyed them with your substitutions, and hope you equally enjoy them as they are too! 😊

**Leanne Bridges***November 4, 2018 at 6:40 am*

My new favourite vegan burger

**Miriam***November 4, 2018 at 4:46 pm*

Awesome !

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