

Vegan Sliders

Makes 12 sliders, 140 calories each

I tried an Impossible burger from Burger King. BK was successful in giving this patty a chargrilled flavor. I added hickory smoke and use a grill to get a similar effect. I make half the original recipe from

America's Test Kitchen (Cook's Illustrated) and make smaller patties to fit slider buns.



Ingredients:

- 3/8 cup brown lentils
- 1 1/8 tsp. salt (divided)
- 1/4 cup vegetable oil
- 8 oz. cremini mushrooms
- 1 onion (1 cup, minced)
- 1/2 celery rib
- 1/2 small leek (or 1 green onion)
- 1 clove garlic
- 3/8 cup medium-grind bulgur
- 1/2 cup raw cashews
- 3 Tbsp. aquafaba
- 1 cups panko breadcrumbs
- 1/4 tsp. liquid smoke

Equipment:

- Large saucepan
- Sieve
- Rimmed baking sheet
- 12-inch skillet
- Large glass bowl

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<input checked="" type="checkbox"/>	Directions	Time (min)	
	Set out 1/6 cup of aquafaba cubes to thaw	1	
	Rinse 3/8 cup lentils. Check for bad ones	2	
	In a large saucepan, combine 1 1/2 cups of water, lentils, and 1/2 tsp. salt. Bring to a boil over high heat.	5	
	Reduce heat to medium-low and simmer		
	Trim and slice 8 oz. mushrooms	3	25
	Peel and mince 1 cup of onions	3	
	Mince 1/2 celery rib	2	
	Rinse and mince 1/2 leek or one green onion	2	
	Peel and mince 1 garlic clove	2	
	Rinse 3/8 cup bulgur	2	
	In a large skillet, heat 1 Tbsp. oil until shimmering. Cook mushrooms until golden	12	
	Drain lentils through a sieve	2	
	Line a baking sheet with paper towel. Transfer lentils to paper and pat dry. Allow to cool		30
	To the mushrooms, stir in onions, celery, leek and garlic. Cook until browned	13	
	Transfer mushrooms to pan with lentils. Cool		30
	In a large glass bowl, combine 1 cup water, bulgur, 1/8 tsp. salt. Microwave 4 times at 30 seconds. Rest between heating.	3	
	Drain bulgur through sieve. Press water out with spatula.	1	
	In a food processor, pulse 1/2 cup cashews until finely ground-25 pulses	3	
	In the large glass bowl, combine lentils and mushrooms, bulgur, cashews, 3 Tbsp. aquafaba, and 1/4 tsp. liquid smoke	2	
	Transfer the mixture to the food processor. Pulse until coarsely ground - 15 pulses	3	
	To the mixture, add 1 cup panko and 1/2 tsp. salt	2	
	Form into patties that match a slider bun and refrigerate.	5	
	Grill patties until crisp and brown on each side. 4 min each side	8	
	Total	2 hr. 5 min	