Armenian Lentil Burgers

Recipe By Lukas Volger

Cooking and Prep: 1 h 10 m

Serves: 4

Contains: G

Preference: Parve
Difficulty: Medium
Occasion: Nine Days
Diet: Vegetarian, Pescetarian
Source: Whisk by Ami Magazine

The warm spices—doubly enforced by using whole spices as aromatics with the lentils, and then added again to the veggie burger mixture—beautifully complement the earthy lentils. It's particularly good with Cucumber-Yogurt Sauce. Makes four 4-inch burgers

Ingredients (21)

Lentils

☐ **1 cup** French (green) lentils

☐ **1/2** onion, cut into 2 quarters

☐ **2 whole** cloves

☐ **1 teaspoon** Gefen Olive Oil

☐ **1-inch piece** ginger

- [ ] **2 cloves** garlic, crushed
- [ ] **1 cinnamon stick**
- [ ] **1 bay leaf**

Burgers

- [ ] **4 tablespoons plus 1 teaspoon** Gefen Olive Oil, divided
- [ ] **1 onion, chopped**
- [ ] **1 and 3/4 teaspoons** Gefen Ground Allspice
- [ ] **1/2 teaspoon** cinnamon
- [ ] **1/4 teaspoon** ground cloves
- [ ] pinch of cayenne pepper
- [ ] **3 cloves** garlic, minced
- [ ] **2 teaspoons** grated fresh ginger
- [ ] **2 eggs**
- [ ] **3/4 cup** toasted Gefen Bread Crumbs
- [ ] **1/3 cup** roughly chopped fresh parsley
- [ ] **1/2 teaspoon** salt
- [ ] squeeze fresh lemon juice

Start Cooking

Cook the Lentils

1. Pick through the lentils and rinse thoroughly. Stud each onion quarter with a clove. In a medium saucepan, heat one teaspoon oil over medium heat. Add onion quarters, ginger, garlic, cinnamon stick, and bay leaf. Stir, then cover and cook for one minute, until fragrant.

2. Add lentils and two cups water and bring to a boil. Reduce heat, cover, and simmer for 15 to 20 minutes, until lentils are tender. Discard the aromatics and pour off any excess liquid.

Prepare the Burgers

1. Preheat oven to 375 degrees Fahrenheit.

2. Heat two tablespoons oil in a sauté pan over medium-low heat. Add onion, allspice, cinnamon, cloves, and cayenne. Cook, stirring frequently, until onion begins to caramelize, about 12 minutes. Reduce heat and add garlic and ginger. Cook until onion is fully cooked, about five minutes longer.

3. Set aside half a cup of lentils. In a food processor, combine remaining lentils, onion mixture, and eggs and pulse until thoroughly combined. Transfer to a mixing bowl. Add reserved lentils, bread crumbs, parsley, salt, and lemon juice. Taste and adjust seasoning. Shape mixture into four patties.

4. In an oven-safe skillet, heat remaining oil over medium-high heat. When hot, add patties and cook until browned on each side, six to 10 minutes total. Transfer pan to the oven and bake for 12 to 15 minutes, until burgers are firm.

Credits