

Cauliflower Burgers

Recipe By *Brynie Greisman*



Cooking and Prep: 
1.5 h

Serves:  6

Contains:    

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Pescetarian

Source: Family Table by
Mishpacha Magazine

I made these recently for a family gathering. Everyone loved them — from my one-year-old granddaughter to my older relatives. They are full of ingredients that are good for you, are mildly seasoned, and of course are baked (not fried). Feel free to up the seasoning if that's how you like it.

Ingredients (9)

Main ingredients

- 1 pound (1/2 kilogram) **Beleaf Frozen Cauliflower Florets**
- 7 ounces (200 grams) feta or other mildly salted cheese, grated (I used 5% lightly salted Tzfatit)
- 3 eggs
- 1 scallion, chopped
- 1/2 cup golden breadcrumbs, plus more for coating

- 1/2 teaspoon lemon zest, or to taste
 - salt, to taste (be generous)
 - pepper, to taste (be generous)
 - Gefen Olive Oil, for brushing
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Start Cooking

Prepare the Cauliflower Burgers

Yields 16 patties

1. Cook cauliflower in salted boiling water for 10 minutes. Drain and mash with a potato masher (there should be small pieces.)
2. Place in a medium bowl. Add the cheese, eggs, scallion, breadcrumbs, zest, and seasoning. (See note for additional add-in suggestions.) Mix together well. Place in fridge for at least a half hour.
3. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius). Oven rack should be in middle of the oven. Prepare a baking sheet lined with Gefen Easy Baking Parchment Paper and sprayed with oil spray.
4. Place breadcrumbs onto a plate. Form cauliflower mixture into patties, and carefully dip each patty into breadcrumbs, coating all sides, and place on baking sheet. Continue until mixture is finished.
5. Put a little olive oil in a cup. With a brush, gently brush tops of patties with olive oil.
6. Bake for 15 minutes. Raise temperature to broil, and broil for three to four minutes or until burgers start to brown.

Note:

Additional add-ins can be one to two cloves of crushed garlic, a sautéed onion, and/or extra seasoning such as onion and garlic powder.

Tip:

For a flavor or texture change, swap the breadcrumbs in the patties with about one cup of cooked quinoa or bulgur.

Credits

Food and Prop Styling by Chavi Feldman

Photography by Hudi Greenberger