



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Lentil Goat Cheese Burgers (adapted from Cara's Cravings)

Make 4 burgers

Don't be shy with the salt. I always need more than I expect in these.

¾ cup dried lentils

1 bay leaf

salt

1 large carrot, coarsely chopped

2 large shallots, coarsely chopped

2 cloves garlic

1 tablespoon olive oil, divided

1 tablespoon balsamic vinegar

4 ounces goat cheese

¼ cup breadcrumbs (fresh or dried)

¼ teaspoon black pepper

1 egg

for serving: buns, mustard, lettuce, tomato

1. Combine lentils, bay leaf, ½ teaspoon salt and 3 cups water in medium saucepan; bring to a boil over medium-high heat. Reduce the heat and simmer until the lentils are tender, 18-20 minutes. Drain the lentils, discarding the bay leaf.

2. Meanwhile, process the carrot, shallots, and garlic in the food processor until finely chopped but not pureed, about 5 seconds. (Do not clean processor bowl or blade.) Heat 1½ teaspoons olive oil in a medium nonstick skillet over medium heat; sauté the vegetables with a pinch of salt until softened and the shallots just brown around the edges, about 5 minutes. Add the vinegar; cook, stirring occasionally, until it has reduced to a syrupy consistency, 1-2 minutes.

3. Combine the lentils, sautéed vegetables, cheese, bread crumbs, and pepper in the food processor; process until evenly mixed and finely ground. Taste and adjust the seasoning if necessary. Add the egg; pulse until just combined.

4. Divide the dough into four portions; shape each one into a disk about ½-inch tall and 4 inches across (or approximately the diameter of your burger buns). Chill, uncovered, for at least 30 minutes or up to 2 days (cover if longer than 30 minutes).

5. Heat the remaining 1½ teaspoons of oil in a 12-inch nonstick pan over medium to medium-high heat. Using a spatula, carefully lower each patty into the pan; cook without moving for 4 minutes, until the bottom side is browned. Flip the patties and continue cooking for another 6 minutes until the second side is browned. Serve immediately with buns and toppings.