

Making the Switch: Induction Cooking with Emma Dean

Darebin Climate Action Now (DCAN)

Online event 28th April 2022

Crispy Chickpea and Harissa Burger

These burgers are delicious! Super tasty and pretty easy to make. The mixture freezes well so make a double batch and you'll love yourself even more later on!

The relish is, in my opinion, essential. It makes these burgers sing! Trahh laaaa lahhh!

Serves 6

Burgers

½ cup uncooked quinoa

1 cup boiling water

200g frozen peas

1 x 400g chickpeas (or 250g home cooked chickpeas), well drained

1 tsp ground cumin

1 tsp ground coriander

½ tsp smoked paprika

4 medjool dates, pips removed

Large bunch parsley

1 tablespoon harissa paste

1 tablespoon Dijon mustard

2 tbs linseed, ground (already ground you'll need about 3 ½ tbs)

Olive oil for cooking

50g sesame seeds (optional)

Relish

1 red onion, halved and sliced

200g cherry tomatoes, halved

A good drizzle of pomegranate molasses

A bunch of fresh coriander

To serve

6 good bread rolls (I like sourdough burger buns)

Hummus

Cos lettuce leaves

Method

Pop the kettle on. To cook the quinoa, start by toasting it in a pan until you hear it pop. This not only makes the flavour toastier, but also reduces the bitterness in the quinoa, without having to wash it. Once it starts to smell toasty, add in 1 cup boiling water and cook with the lid on, on a low heat for about 10 minutes, or until you start to see the 'tail' come from the quinoa.

Put the frozen peas into a large bowl and cover with boiling water and let stand for about 10 minutes.

Put the drained chickpeas into a fry pan with the cumin, coriander and smoked paprika and cook, tossing about until the chickpeas are all dried out and starting to crisp. Drain the peas very well, dry the bowl and pop the peas back in the bowl. Add in half the chickpeas, half the quinoa, the dates, the chopped parsley, harissa paste, Dijon, and linseed. Using a stick blender, blitz until well combined and forms a rough paste. Add in the remaining quinoa and chickpeas and mix well.

Divide the mixture into 6 and shape into a pattie. Pop them in the fridge for at least an hour to firm up.

To make the relish, fry the onion in a little olive oil, over a medium heat for about 8-10 minutes until they turn soft and fragrant. Add the tomatoes and cook for another 5 minutes. Then add in the pomegranate molasses. Take off the heat, add in the chopped coriander and set aside.

To cook the burgers, add a drizzle of olive oil to a medium pan and cook on each side for 5 minutes. Sprinkle with sesame seeds and cook again for a minute each side. The sesame seeds are optional but do add a little more flavour.

Toast the buns on each side (grill or dry pan). Slather with hommus, pop on a burger, top with relish and then finish off with a leaf or two of cos. Pop the burger bun top on and enjoy! These are super delicious! Pete loves them (and so do I)!

Vegan Pho

This vegan pho is delicious. The depth of flavour is achieved by blackening the onions, garlic and ginger at the beginning, so be brave!

Serves 4

Broth

2 onions, skin on, quartered

1 bulb garlic, sliced in half

1 hand of ginger, smashed a little until it starts to break up.

1 cinnamon stick

4 star anise

3 cloves

1 tablespoon coriander seeds

1 teaspoon vegetable stock, or half a stock cube

A large handful of dried mushrooms

1 tablespoon tamari or soy sauce

4 carrots, sliced into 2 cm chunks

For the rest

1 block firm tofu, sliced into rectangle pieces (half a matchbox for a rough guide) and patted dry with a tea towel or kitchen paper.

Drizzle of maple syrup

Drizzle of tamari

200g dried flat rice noodles

Fresh shitake mushrooms

A small bunch of Vietnamese mins, thai basil or other herbs

Small bunch of coriander

Bunch of pak choi

Bunch of gai lan

200g sugar snap peas

2-4 limes

200 g beans sprouts

1 long red chilli, sliced

Good chilli oil.

Method

Pop the kettle on. Heat a large saucepan over high heat and add in the onions, garlic and ginger. Dry fry and toast until quite blackened. Don't be too worried. This might take up to 10 minutes. Try and get most surfaces blackened.

Next add the cinnamon stick, star anise, cloves, and coriander seeds and toast until delightfully fragrant. Add in 2 litres of boiling water, stock cube, the dried mushrooms, the soy or tamari, carrots and bring to a simmer. Simmer for about 25 minutes or until all the flavours have infused.

To cook the tofu, heat some oil in a medium to high pan and pan fry each side until crispy. Once done, remove into a bowl and drizzle with maple syrup and tamari. This is delicious, just on its own, but really adds to the pho!

Prepare the rice noodles by covering with boiling water and letting sit submerged for 8 minutes. Drain, and set aside.

Pick the leaves from the herbs, chop the pak choi and gai lan, and halve the sugar snap peas lengthways.

When the stock is ready to your liking, sieve into a large bowl and pour back into the pan.

Add the juice of 1-2 limes (depending on their juiciness) and balance out with additional tamari. Taste and adjust here. Add in the harder parts of the pak choi and gai lan, toss in the fresh mushrooms here as well if you are adding them. Simmer until they soften and then add in the leaves and the sugar snap peas last, just before serving.

Divide the drained noodles between 4 bowls, ladle over the stock and the vegetables. Serve with beansprouts, herbs, and top with 3-4 pieces of tofu. Drizzle chilli oil and additional tamari if needed. Serve with a wedge of lime and enjoy! I love this pho!

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