

Tofu Burgers

1 ½ HRS

8 Servings

Easy

Ingredients

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- 2 packages extra firm, pressed, then crumbled
- 2 cups onion, small dice
- 3 cloves garlic, minced
- 1 cup bell pepper, small dice
- 2 tablespoons organic olive oil
- 1 pinch salt
- 1 cup grated carrots
- 2 teaspoons Italian Herb Blend
- 2 tablespoons Dijon mustard
- ½ teaspoon granulated onion
- 1 ½ cups Italian seasoned panko, gluten-free if you need it to be, or make TNW Herb Crust
- 1 teaspoon salt
- 1 cup all-purpose flour or gluten-free flour mix
- ¼ cup sesame, sunflower, or mild-tasting olive oil
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Instructions

Press the Tofu

To press the tofu layer several clean towels on a sheet pan. Place the block of tofu on the towels,

then put several clean towels on top of the tofu. Put another sheet pan on top and then something heavy in the center on the top pan – not something that can spill or

break. Press the tofu for at least an hour.

While the tofu is pressing sauté the onion and peppers

Heat 2 tablespoons olive oil in a small skillet and add the onions along with a pinch of salt. Cook up to 10 minutes, stirring regularly. Add a small amount of water if the onions start to scorch.

Add the minced garlic and cook till it's aromatic. Then add the peppers and a little more salt. Cook till the peppers are tender.

Mix the ingredients

Using your hands, crumble the tofu into a large mixing bowl. You want small pea-size bits or even a little smaller.

Add the sautéed veggies and the grated carrots and mix well. Now add the homemade herb crust or seasoned panko, Dijon, crushed Italian Herb blend, onion powder, and salt. Mix well. This is easiest done by hand. Put about $\frac{1}{2}$ cup flour of your choice onto a plate or quarter sheet pan

You can either shape the burgers by hand or, to get the most accurate measurement for each burger, use a $\frac{1}{2}$ cup measuring cup. We have these cool ones that are rounded on the bottom from Kitchen Aid that work very well. Using the $\frac{1}{2}$ cup measuring cup, scoop up the mix, press it into the cup, then tap the cup upside down on your cutting board to release the tofu, reshape with your hands. Press rather firmly or they will fall apart.

To prevent the burgers from sticking to the pan, after shaping each one put the burger onto the flour then turn and coat the bottom with the flour. Don't do the sides since the flour won't get cooked if it's there.

Cook the burgers

Using a 10" or 12" skillet, heat $\frac{1}{4}$ cup olive or sunflower oil till shimmering. Cook the burgers in two batches. Cook until they are golden brown on one side then repeat on the other side.

When done place on a cooling rack that's on a half sheet pan. Allow to drain for a few minutes then put on a paper towel-lined ½ sheet pan to absorb more oil and moisture.

You can keep them warm in a 200° oven.