
Curried Potato Veggie Burgers (Vegetarian)

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Servings: 4

Preparation Time: 40 minutes

Start to Finish Time: 1 hour 10 minutes

FOR THE BURGERS

1 (8 to 10 ounce) russet potato, pierced with a fork

4 tablespoons unsalted butter

Kosher salt

freshly ground black pepper

1 teaspoon cumin seeds

1 cup (1/4 head) cauliflower florets and stems, very finely chopped

1 small carrot, quartered lengthwise and thinly sliced

1 serrano chile pepper (leave in the seeds), finely chopped

2 tablespoons fresh ginger, finely chopped

2 cloves garlic, finely chopped

2 teaspoons Madras curry powder

1/4 cup frozen peas

2/3 cup breadcrumbs

4 hamburger buns

lettuce leaves, sliced red onion and cilantro sprigs (for topping)

FOR THE TAMARIND KETCHUP

1/3 cup ketchup

2 teaspoons tamarind paste

Kosher salt

freshly ground black pepper

Make the burgers: Place the potato on a microwave-safe plate. Microwave until tender, 7 to 8 minutes. Let cool slightly, then peel. Transfer to a medium bowl. Add one tablespoon of butter. Season with salt and pepper. Mash with a fork until smooth. Toast the cumin seeds in a large dry nonstick skillet over medium-high heat until golden, 2 to 3 minutes. Pour onto a cutting board and crush with the bottom of a measuring cup.

In the same skillet over medium-high heat, heat one more tablespoon of butter. Add the cauliflower, carrot, chile, ginger, garlic, curry powder, toasted cumin seeds, one teaspoon of salt and a few grinds of pepper. Cook, stirring, until the cauliflower is dry and the vegetables are crisp-tender, about 3 minutes. Transfer to the bowl with the mashed potato and add the peas. Wipe out the skillet and reserve.

Stir the vegetable mixture together to combine. Add the breadcrumbs and knead with your hands until the mixture comes together. Firmly pack into four balls, then shape into four four-inch-wide patties (about 1/2 inch thick). Transfer to a plate and refrigerate until firm, at least 30 minutes.

Meanwhile make the tamarind ketchup: In a small bowl, stir together the ketchup and tamarind paste. Season with salt and pepper.

Cook the burgers: Melt the remaining two tablespoons of butter in the reserved skillet over medium heat. Add the patties and cook until well browned on the bottom, 3 to 4 minutes. Flip and cook until the other side is browned and the patties are hot in the center, about 3 more minutes. Remove the skillet from the heat and let the burgers stand about 5 minutes while you prepare the buns (this will help them stay together).

Toast the buns and spread with the tamarind ketchup. Serve the burgers on the buns with lettuce, red onion and cilantro.

Sandwiches

Per Serving (excluding unknown items): 281 Calories; 14g Fat (44.0% calories from fat); 5g Protein; 35g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 496mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.