



Some months ago we started one of our silly little experiments. A Vegetarian recipe for each letter of the alphabet ([Vegetarian Alphabet gig here!](#)) For various reasons it was put on the back burner. But it's time to do the last few letters, so we can set ourselves another challenge.

So Urad Dal - Black Lentils ? works well for ?U?

Ingredients:-

- 30g of Urad Dal
- 30g of Green Lentils
- 1 Tin of Kidney Beans, drained and rinsed
- 1 Onion, finely diced
- 1 Fresh Red Chill, finely chopped
- 1 Large Potato, skinned, boiled and mashed
- 1 Tsp of Cumin Seeds
- 1 Tsp of Chilli Powder
- 1 Tsp Garam Masala
- 1 Tsp Lemon Juice
- ½ Tsp of Coriander Powder
- 1 Tbsp of Cornflour
- 1 Tbsp of Mixed Herbs
- 2 Cloves of Garlic, minced
- Breadcrumbs to coats (Gluten free for us)
- Flour to coats (Gluten free for us)
- 1 Egg, beaten for an Egg wash

Salt & Pepper

Oil to fry

Method:-

- (1) Soak the Urad Dal and Green Lentils overnight in lots of water.
- (2) Drain and rinse thoroughly and add to fresh water.
- (3) Bring to the boil and allow to simmer for 40 minutes.
- (4) Drain and set aside to cool.
- (5) Boil and mash the Potato.
- (6) In a large frying pan fry the Cumin seeds to release the aroma.
- (7) Add the Onion, Garlic & Chilli and stir for a few minutes.
- (8) Add the Chilli Powder, Garam Masala, Coriander Powder and Mixed Herbs.
- (9) Add the lentils / Dal / Kidney Beans to the frying pan and stir well to combine everything.
- (10) Add the Mashed Potato, Lemon Juice and Cornflour.
- (11) Season with Salt & Pepper if required.
- (12) Allow to cool enough to be comfortable to handle.
- (13) Form into Burger Patties.
- (14) Gently dredge in Flour.
- (15) Dip each Burger in the Egg wash and then coat in Breadcrumbs.
- (16) Place in the oven at 160c on parchment for about 20 minutes and turn after 10 minutes.

The Bread Buns were Sue's own home baked Gluten Free version ([Recipe here if you need it](#)) As she worked in a well known Burger joint way back in time serving Dinosaurs she has a certain way of building a Burger ? Bun base, Mayo, Lettuce, Onion, tomato, Burger, Melted cheese, fried Garlic Mushroom & Onion, Lettuce, Onion Pickle, Bun lid. (Maybe, who knows, she's too fast for me!) But realistically have whatever combination you fancy.

Unlike a meat based burger these did not contract when cooking. So they were huge! It's a good job we don't mind eating cold leftovers! We might not be posting recipes for a couple of days. Sensibly the quantities would feed a family of 4 to 6 in smaller buns. But they were/are still very tasty!!!!