



Soy Burger

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Ingredients

serve 15 burgers

- 1kg of dried soy
- a sprig of parsley
- 1 tbsp cumin
- 1 tbsp of wine vinegar
- 1 tbsp of soy sauce
- 1 onion
- 2 garlicks

- 2 tbsp dried yeast
- curry
- white pepper
- 4 rusks
- 2 tbsp paprika
- 1 sprig of sage
- a pinch of peppergrass
- a pinch of nutmeg
- salt
- 1 tbsp of savory
- a sprig of thyme
- 1 tbsp of oregano
- 3 tbsps of chickpea flour
- 3 tbsp of sesame

Instructions

Put the soy previously cooked, parsley, cumin, wine vinegar, soy sauce, onion and garlicks and mix with the blender.

Do the dough in a large bowl and add the remaining ingredients.

Make little balls and mash it.

Cook in hot oven for 20' at 220°C.