

Beef & Lentil Burgers

Ingredients

- Beef, Ground, 85/15 - 1 # / 16 oz
- Oyster Mushrooms, roasted, chopped - 1 Cup / 6 oz
- Oats, crushed - 1 Cup / 4 oz
- Lentils, brown, cooked - 1/2 Cup / 4 oz
- Onions, finely diced - 1 cup / 3 oz
- Pepper, Black, ground - 1/2 tsp
- Egg, lightly whisked - 1 each / 2 oz
- Tomato Paste - 2 Tbsp / 1 oz
- Garlic, Minced - 1 Tbsp / 4 grams
- Salt, Kosher - 2 tsp / 10 grams
- Coriander, crushed - 1 tsp / 4 grams
- Chile Flake, crushed - 1/2 tsp / 1 grams
- Pepper, Black, ground - 1/2 tsp / 1 grams



Directions

1. In the bowl of a Stand mixer - Combine all of the ingredients together.
2. Using the paddle attachment on medium low, stir to combine for approx 1 minute, until the mixture is well combined. Be cautious to not over mix..
3. Using a #12 Portion Scoop, make 12 even portions, approx. 2.5 ounce each.
4. Use a hamburger press or ring mold to create a uniform shape.
5. Allow to chill or freeze before cooking.
6. Cook until you reach a 165F internal temperature - approx. 8 to 10 minutes at 375 to 425 F (Use a lower temperature and shorter cooking time for Convection)
7. Hold in a steam table or holding cabinet above 135F for service or cool the meat on a tray, in a thin layer to reheat later.

Notes, Tricks & Tips

- Rinse the lentils prior to cooking, examine them for objects like pebbles that may be hiding in them. Cook for approx. 15 to 20 minutes in a pot of simmering water, just until tender so they do not fall apart. Strain well before using in the recipe.

Serving Size & Crediting

12 Servings
2.5 oz Patties

1/8 Cup
Additional
Vegetables
1 M/MA
.25 oz Grain