Hot for Food

LENTIL WALNUT BURGER BUNS
(adapted from Lauren Toyota)

Burger Buns (8 pieces, 4 two-part buns):

- 1 cup finely chopped onion (about 1 onion)
- ¾ cup finely chopped carrot (about 1 carrot)
- 2 roughly chopped garlic cloves
- ¼ cup sherry or white wine, more as needed
- 1 cup cooked or canned lentils
- ½ cup raw whole walnuts
- ¼ cup buckwheat flour*
- 2 tablespoons nutritional yeast
- 1 teaspoon dried parsley
- 1 teaspoon onion powder
- ½ teaspoon sea salt
- ¼ teaspoon cumin
- ¼ teaspoon smoked paprika
- ¼ teaspoon coriander
- ¼ teaspoon ground black pepper

Creamy Cashew Pesto

- 1 cup raw cashews, soaked 20 minutes in hot water
- ⅓ cup unsweetened nondairy milk
- 2 tablespoons lemon juice
- 2 garlic cloves
- ½ cup packed basil leaves
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper

- Drain and rinse cashews from the soaking water and add to a high-powered blender with the remaining ingredients for the cashew pesto. Combine until very smooth and refrigerate until ready to serve the burgers. [Editor's note: A regular blender will also work, but you won't get as smooth a result. Try soaking the cashews longer if you use a regular blender or food processor.]
- Preheat oven to 400°F.
- Heat sherry or win in a pan over medium heat and cook onions, carrots, and garlic for about 7 to 8 minutes until soft and slightly browned and caramelized. Add this mixture to a food processor with the lentils and walnuts and process until it's a fine mince and nearly smooth.
- Add the remaining ingredients for the burger buns and process until a smooth dough forms.
- Use your hands to form patties. [Lauren T suggests you lightly oil your hands to do this, but it's optional.] Use about 1/4 cup of the mixture for each patty (should make 8 in all).
- Place the burger buns on a parchment lined or lightly oiled baking sheet, and bake for 25 minutes, flipping halfway through.
- Spread cashew pesto on one side of a burger bun, add toppings of your choice, and place another burger bun on top. Serve immediately.

*Editor's note: To substitute for buckwheat flour, the site Salted Plains suggests brown rice flour, oat flour, or chickpea flour (all of which are easily found; you can make your own oat flour by buzzing rolled oats in the food processor); or quinoa flour or sorghum flour. All of these options are gluten-free, as is buckwheat flour. If you make your own oat flour, you must start with gluten-free oats for it to be gluten-free.





Hot for Food is Lauren Toyota's blog and website. She also has a YouTube channel that has had over 40 million channel views since it was launched in 2015. Lauren is "hot for food… as long as it's vegan!" She uses oil and processed ingredients in some of her recipes, but those that are not WFPB can be adapted.