



“BIG MAC-taquac...Vegan Style” Workshop

Wednesday, June 17th, 2015

Presenter: Matt McKenzie

Beet burger with eggplant bacon-wild mushroom ketchup- kale- with carrot fries and cherry dipping sauces

MUSHROOM KETCHUP

12 button mushrooms 1 star of anise 1 teaspoon fresh thyme 1 clove minced garlic	½ cup ketchup 2 tablespoons red wine vinegar 2 tablespoons brown sugar
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- Char mushrooms in oven or on bbq- put everything in a sauces pot, cook down till 75% of liquid is reduced

EGGPLANT BACON

1 medium sized egg pan enough soya sauce to cover eggplants ½ cup brown sugar	black pepper, chilli powder both to taste 1 tablespoon liquid smoke
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- Slice eggplant thin- mix all ingredients together with a whisk, pour over eggplants, let sit for 30 mins to 1 hour- cook at low heat in oven till dried out

BEEF BURGER PATTY

1 1/4 cups cooked, cooled brown rice (see recipe notes above) 1 cup cooked brown or green lentils, cooled, drained well 1 cup shredded beets 1/2 teaspoon salt Fresh black pepper 1 teaspoon thyme, rubbed between your fingers 1/2 teaspoon ground fennel (or finely crushed fennel seed)	1 teaspoon dry mustard 3 tablespoons very finely chopped onion 2 cloves garlic, minced 2 tablespoons smooth almond butter 1/2 cup very fine breadcrumbs
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- Peel beets and shred with the shredder attachment of your food processor, then set aside
- Change the attachment to a metal blade. Pulse the brown rice, shredded beets and lentils about 15 to 20 times, until the mixture comes together, but still has texture. It should look a lot like ground meat.
- Now transfer to a mixing bowl and add all the remaining ingredients. Use your hands to mix very well. Everything should be well incorporated form mix in to patties.
- Heat frying pan on medium heat cook burgers with olive oil till charred on the edges.

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CARROT FRIES

1\2 lb of carrots

- Preheat oven to 425 degrees.
- Peel and slice carrots into french fry shaped pieces (about ½" x ½" x 3").
- Toss carrots with olive oil, salt and pepper.
- Arrange carrots in a single layer on baking sheet.
- Bake for 10 minutes then flip each carrot fry. Continue to bake until fully cooked and slightly crispy, about an additional 10 minutes.

CHERRY DIPPING SAUCES

2 cups pitted cherries	1 cup brown sugar
1 cup red wine vinegar	½ teaspoon Chinese five spice

- Put all ingredients in a sauce pan, cook on medium heat till it has a jam-like texture

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