

Possible Burger Recipe

From Sauce Stache at <http://www.saucestache.com/impossible-burger-2-0-deconstructed-making-the-impossible-burger-at-home/> (<http://www.saucestache.com/impossible-burger-2-0-deconstructed-making-the-impossible-burger-at-home/>).



Prep: 45 minutes Yield: 6 burgers

A Plant Based patty derived from the impossible burger

You'll Need...

- 2 Cups Water
- 3/4 Pound Textured Soy Protein (TSP)
- 1 Cup Coconut Oil - Frozen
- 1 Cup Sunflower Oil
- 1 Tablespoon Potato Protein
- 1 Tablespoon Soy Protein
- 1 Teaspoon Konjac Flour
- 1 Teaspoon Xanthan Gum
- Salt to taste < around 1 Tablespoon
- 1 Cup Tomato Juice
- 4 Dried Shitake Mushrooms
- 1 Cup Beet Juice
- 2 tablespoons blackstrap molasses
- Handful of fresh spinach
- 1 Tablespoon Nutritional Yeast
- 1 Tablespoon Dried Seaweed Flakes

Directions

1. Make Flavor Broth First
2. Combine Tomato Juice, Nutritional Yeast, Seaweed Flakes, and Mushrooms in a medium sauce pan with 1/4 cup of water and cover, heat over a low heat for around 25 minutes
3. In a separate bowl combine Potato, soy protein, and 1/4 Cup water and mix well

4. In a separate bowl combine Konjac Flour, Xanthan Gum, and 1/4 Cup water and mix well
5. Remove flavor broth from heat and allow to cool
6. In a separate bowl combine beet juice and molasses, mix well
7. Slowly add beet juice mixture to TSP combining well
8. Pour flavor broth mixture into blender and blend well
9. Strain blended flavor broth through a fine mesh strainer leaving behind all pulp. You will only need the watery broth (about a cup remains)
10. Add Flavor Broth to TSP mixture and mix well
11. Using a cheese grater, grate the frozen coconut oil (keep on ice until ready)
12. Add Gums and proteins to TSP mixture and mix well
13. Add Sunflower Oil mix
14. Add Frozen Coconut Flakes mix well
15. Form into 3.5 oz burger patties
16. cook patties on low heat cooking slowly only flipping once