



Moosewood's Classic Tofu Burger (with Walnuts)

Preparation Time 45 minutes | **Cook Time** 30-40 minutes | **Yields** 8 large burger patties

Our friends at the delicious, legendary Moosewood Restaurant in Ithaca, New York have kindly allowed Ziba to republish this all-time favorite veggie burger recipe, which uses a significant amount of walnuts. Dice the vegetables small, grate the tofu in a food processor and grind the walnuts to maintain a better shape for your burger goodness. The recipe makes 8 large burgers, but you can shape them smaller and freeze patties for later. This is just one of many life changing recipes by Moosewood – we highly recommend ordering their cookbook Moosewood Restaurant Favorites!

Ingredients

- 2 blocks of firm tofu (14 to 16 ounces each)
- 2 tablespoons vegetable oil
- 2 cups diced onions
- 1/2 teaspoon salt
- 1 teaspoon dried oregano
- 1 cup grated carrots
- 1/2 cup diced bell peppers
- 1 cup coarsely ground toasted walnuts
- 3 tablespoons soy sauce, more to taste
- 2 tablespoons Dijon mustard
- 2 tablespoons dark sesame oil
- 1/4 cup tahini
- 1/4 teaspoon black pepper
- 1/4 cup chopped fresh basil
- *2/3 cups bread crumbs (optional, but they help hold the burger together better)

Instructions

1. First press the tofu for at least 30 minutes. While the tofu presses, prepare the rest of the burger mix, and when you're ready to grate the tofu, discard the expressed liquid.
2. In a covered skillet on low heat, warm the oil. Add the onions, sprinkle with the salt and oregano, and cook on low heat for 7 or 8 minutes, stirring occasionally. Add the carrots and peppers and cook, covered, until the vegetables are tender, stirring occasionally, about 8 minutes. Transfer the vegetables to a large bowl.
3. Finely grate the pressed tofu in a food processor and add it to the cooked vegetables along with the walnuts, soy sauce, mustard, sesame oil, tahini, pepper, and basil. Mix well and add more soy sauce to taste.
4. Preheat the oven to 375° F. Lightly oil a baking sheet.
5. Using about a cup per burger, shape the mix into 8 burgers. Place them on the prepared sheet and bake until firm and browned, 30 to 40 minutes.

*The burgers will be a little sturdier if you use breadcrumbs. Gluten-free bread and breadcrumbs are available, so if you're avoiding wheat and gluten you have that option.



**To freeze these burgers simply wrap cooled, baked burgers in plastic wrap and put them in the freezer. To reheat, bake on an oiled baking sheet, right from the freezer, at 350° F for about 20 to 30 minutes, until heated through--the time will depend on how fat your burgers are.

***Variations

"Meatballs": Add ground fennel seeds to the cooking onions, shape the mix into small balls and bake for about 20 minutes for 1 1/2-inch balls. Great with spaghetti and Tomato Basil Sauce

Reuben Burger: Top with melted Swiss cheese, sauerkraut, and Russian Dressing, and serve pickles on the side.

Mediterranean Burger: Top with caramelized onions and melted Gruyere or Fontina cheese.

Monterey Burger: Top with guacamole and/or salsa and melted Monterey Jack, Pepper Jack, or cheddar cheese.

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