EWfood

Portobello Mushroom Burgers

Ingredients

1 large egg
2 cloves of garlic
1 lemon
1 level teaspoon of Dijon mustard
Salt and black pepper
Olive oil
Balsamic vinegar
4 large portobello mushrooms
2 large red onions
1-2 tablespoons of brown sugar
4 large rustic bread rolls
Rocket
4 ripe tomatoes
4 slices of Maasdam cheese*
1 avocado
Servings
4
Person

Preparation

1   Whisk the egg yolk with 2 tablespoons of lemon juice, the dijon mustard and a clove of crushed garlic. Gradually add 3-4 tablespoons of olive oil, whisking continually, until the aoli is thick and smooth. Season to taste with salt, cover and chill.

2   Stir together 4 tablespoons of balsamic vinegar and 2 tablespoons of olive oil, seasoned with salt and back pepper. Wipe the mushrooms and then marinade them in the oil and vinegar.

3   To caramelise the onions, peel and finely slice the onions and saute gently in 2 tablespoons of olive oil for 10 minutes, stirring occasionally. Stir in 2 tablespoons of balsamic vinegar and the sugar and continue to cook very gently for 15 minutes.

4   Place the marinated mushrooms upside down under a hot grill for 2-3 minutes, then turn them over. Grill for another 2 minutes then place a slice of cheese on top and grill very briefly to melt it. Meanwhile, split and lightly toast the rolls.

5   Wash the rocket, thinly slice the tomatoes then peel and slice the avocado.

6   Spread aoli on the bottom of each roll then add rocket and sliced tomato. Place a mushroom and cheese on the top and then add a generous spoonful of caremelised red onion and a few slices of avocado before adding the top of the bread roll.

Cooks Note

These delicious and satisfying mushroom burgers, with lots of tasty additions, make a fantastic meat free alternative.

*Emmenthal, or any other cheese with a mild, nutty flavour, works well too.
Choose a cheese suitable for vegetarians if preparing these burgers as a vegetarian dish.