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Black-Eyed Pea Burgers

Servings: 12-13 patties
Kosher Key: Pareve

Total Time: 2 Hours 30 Minutes

INGREDIENTS

- 1 lb. dried black eyed peas
- 1 3/4 tsp salt, divided
- 4 shallots, chopped (about 1/4 cup chopped)
- 4 carrots, peeled and chopped
- 3 tbsp tomato paste
- 2 cloves garlic, minced
- 1/3 cup flat leaf parsley, chopped
- 1/3 cup fresh dill, chopped

- 5 eggs
- 1 tbsp smoked paprika
- 1/2 tsp turmeric
- 1/2 tsp black pepper
- 1/4 tsp cayenne
- 1 1/2 cups panko breadcrumbs (or more if needed)
- Grapeseed or olive oil for frying

YOU WILL ALSO NEED

Food processor

Rinse and sort the black eyed peas in a colander, removing any stones or impurities. Drain.

Add the peas to a pot and cover with 3 inches of water. Bring to a boil for 3 minutes. Remove from heat and let the peas soak for 1 hour.

Drain the peas and rinse them in cold water. Return them to the pot and cover again with 3 inches of water along with 1 tsp of salt. Bring to a boil. Simmer the peas for 30-40 minutes till soft but not mushy.

Drain in a colander; shake the colander to get rid of as much excess water as possible.

Return the peas to the hot pot and let them dry out a bit while you prepare the other ingredients.

Heat 1 tbsp olive or grapeseed oil in a skillet over medium heat. Add the chopped shallots and sauté for 3-4 minutes till they begin to turn golden. Add the chopped carrots and continue to sauté for 4-5 minutes till softened. Add the garlic and sauté for 1 more minute till fragrant. Add tomato paste to the skillet and stir, blending with the other ingredients, for 1-2 minutes longer. Remove from heat.

Place the vegetables in a food processor along with the cooked, drained black eyed peas, flat leaf parsley, fresh dill, eggs, $\frac{3}{4}$ tsp salt, and spices. Note: if your food processor is on the small side, you may need to process the mixture in batches.

Pulse for 30-45 seconds, scraping the sides of the processor periodically, to form a thick, crumbly paste similar to a roughly textured hummus. Don't over-process!

Pour the black eyed pea mixture into a large mixing bowl. Stir in the panko breadcrumbs with a fork.

Form the mixture into compact patties using $\frac{1}{2}$ cup of mixture per patty. If the patties aren't holding together well, add more panko till they do.

Pour olive or grapeseed oil into a nonstick skillet to cover the bottom of the skillet—in my very large skillet, I use about $\frac{1}{3}$ cup of oil. Heat over medium till hot enough for frying.

Fry the patties in batches of 3 for 3-4 minutes on each side, till both sides of the patties are golden brown and crisp.

Serve hot burgers on warm toasted buns with lettuce, tomatoes, and your favorite hamburger fixings. I really like these topped with mayonnaise, avocado, and sliced dill pickles. A slice of cheese wouldn't hurt, either, if you don't mind adding dairy to the mix. Delish!

For food photographs and step-by-step instructions, please visit <http://www.theshiksa.com>.

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