

Burgers

INGREDIENTS:

6 fresh burger buns
2 tsp. butter
2 tomatoes
1 cucumber
1 capsicum
1 bunch salad leaves
1/2 cup grated cheese optional
1 tbsp. tomato sauce
1/2 tsp. chillie sauce or 1 crushed red chilli

For patties:

3 raw cooking bananas
1/2 cup peas, boiled drained
1 tsp. tomato sauce
2 red chillies crushed
1/2 tsp. vinegar
1/2 tsp. sugar powdered
salt to taste
2 tbsp. oil

Method:

For patties:

1. Pressure cook whole bananas for 3 whistles or till soft.
2. Cool, skin, chop, add peas and smash coarsely.
3. Add all other ingredients, except oil.
4. Shape into 6 round patties, the size of the buns.
5. Coat them with the oil, shallow fry on both sides on
6. griddle, till light golden.
7. Keep aside, reheat when required.

To proceed:

1. Cut tomatoes, cucumber, capsicum in very thin round slices.
2. Shred salad leaves coarsely, keep aside.

3. Slice buns horizontally in halves, apply a little butter all over.
4. Cook a little on both sides on hot griddle.
5. Keep aside.

To assemble before serving :

1. Mix chillies in sauce, thoroughly. Add salt if required.
2. Arrange lower halves of warmed buns in a row.
3. Place layer of salad leaves on the rounds, follow with cucumber, capsicum, tomato.
4. Heat patties and place over arranged vegetables.
5. Top each with some cheese and a splatter of sauce.
6. Heat the top halves of buns and place over patties to close the buns.
7. Press lightly, fold in paper napkins, fasten with toothpick.
8. Serve hot with tomato ketchup and banana chips.

Making time: 30 minutes

Makes: 6 burgers

Shelflife: Make patties hours ahead. Finished dish best fresh.