

Sweet-Savory Tempeh Burgers

Yield 4 burgers or 12 sliders | **Prep & Cook time** About 25 minutes, not including resting time

Olive oil
1 medium white or yellow onion, diced
2 or 3 cloves garlic, sliced
½ teaspoon fine salt
1 heaping tablespoon freshly grated ginger
¼ to ½ teaspoon dried chili flakes
1 tablespoon apple cider vinegar
2 teaspoons tamari or soy sauce
5 dates, pitted and coarsely chopped
One 8-ounce package tempeh, cubed
¾ cup (105g) roasted almonds
⅔ cup (120g) cooked short-grain brown rice, or other chewy grain
2 teaspoons arrowroot or cornstarch

For additional protein and a higher yield, add a 14.5-ounce can of chickpeas along with the tempeh, though be aware that this dilutes the flavors somewhat and produces a slightly more moist burger.

Walnuts, cashews, or sunflower seeds can be substituted for the almonds.

1. Warm a medium skillet over medium heat and when hot, swirl in a thin film of olive oil. Add the onions, sliced garlic, and salt, and cook until the onions are golden brown and sweet, 10 to 15 minutes, stirring often. Stir in the ginger and chili flakes and once fragrant, the apple cider vinegar and soy sauce. Stir in the dates and tofu, cook for 2 or 3 minutes more, then remove from the heat. Cool for about 5 minutes.

2. Scrape the tempeh mixture into a food processor with the almonds, rice, and arrowroot. Make one-second-long pulses until the mixture coheres into a chunky, evenly combined mass (if it's slow to combine, knead the mixture by hand to incorporate the ingredients rather than over-processing it in the food processor; aim to keep plenty of texture). Shape into 4 patties or 12 sliders and refrigerate them, covered with food wrap, for at least an hour to firm up.

3. To cook, rinse out the skillet and set it over medium-low heat. Once hot, swirl in a thin film of olive oil and add as many burgers or sliders as will fit comfortably without crowding. Cook until golden brown, then flip and repeat on the other side, until browned and heated through, 4 to 6 minutes per side. Serve between burger buns or on top of salads.