



# FOURTH OF JULY GRILLING SPECIAL

June 26, 2020

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Seeded Burger Buns

Black Bean Burgers

Mediterranean Mezze

- Tabbouleh
- Baba Ghanoush
- Grilled Vegetables

Angell Farm Tossed Salad

Grilled Hearts of Palm & Farro Tossed Salad

Strawberry Shortcake with Aquafaba Whipped Cream

## SEEDED BURGER BUNS



### INGREDIENTS

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| <ul style="list-style-type: none"><li>• 3/4 cup (170g) lukewarm water</li><li>• 1 large egg</li><li>• 2 tablespoons (28g) butter or oil</li><li>• 2 tablespoons (25g) sugar</li><li>• 2 teaspoons instant yeast</li></ul> | <ul style="list-style-type: none"><li>• 1 teaspoon salt</li><li>• 1 teaspoon onion powder, optional</li><li>• 2 3/4 cups (326g) all-purpose flour</li><li>• 2 tablespoons of topping like sesame seed, whole golden flax seeds or everything bagel spice</li></ul> |
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### DIRECTIONS

1. To make the dough: Combine first eight ingredients. Mix and knead – by hand, mixer or bread machine – to make a soft dough.
2. Place the dough in a lightly greased bowl, cover and let rise in a warm place for an hour, until almost doubled in size.
  - a. To make your own proof box, place 1 quart of water in a microwave-safe plastic or glass dish. Heat in microwave for 6 minutes. Move container to back of microwave and put bread in the microwave. Close the door and leave for the duration of the proof time.
3. Turn the dough out onto a lightly greased surface, flatten it slightly, and divide it into 6-8 pieces, each weighing about 3½ to 4 ounces.
4. Roll each piece into a ball.
5. Place balls on baking sheet or in greased cups of a hamburger bun pan, flattening gently.
6. Cover and let rise until the buns have doubled in size. Towards the end of the rising time, preheat the oven to 375°F.
7. Bake the buns for 10 minutes. Remove them from the oven, brush with lightly beaten egg white and sprinkle with seed topping; do this quickly, or the seeds won't stick!

8. Return the buns to the oven and bake for 5 to 8 minutes until golden brown. Remove from oven and cool on a rack.

*Recipe Credits: <https://www.kingarthurflour.com/recipes/seeded-hamburger-buns-recipe>*

## BLACK BEAN BURGERS



### INGREDIENTS

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| <ul style="list-style-type: none"><li>• 12 ounces cooked black beans</li><li>• 1 Tablespoon extra-virgin olive oil</li><li>• 1/2 cup finely chopped roasted mushroom</li><li>• 1/2 cup finely chopped onion</li><li>• 3 garlic cloves, minced (about 1 Tablespoon)</li><li>• 1 1/2 teaspoons ground cumin</li><li>• 1 teaspoon chili powder</li><li>• 1/2 teaspoon garlic powder</li></ul> | <ul style="list-style-type: none"><li>• 1/4 teaspoon smoked paprika</li><li>• 1/2 cup breadcrumbs or oat flour</li><li>• 1/2 cup feta cheese</li><li>• 1 "chia egg" (1 Tablespoon ground chia seeds &amp; 3 Tablespoons of water)</li><li>• 1 Tablespoon Worcestershire sauce</li><li>• 2 Tablespoons ketchup</li><li>• pinch salt &amp; pepper</li></ul> |
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### DIRECTIONS

1. Preheat oven to 325°F (163°C). Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.
2. Meanwhile, sauté olive oil, chopped mushroom, onion and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot out some of the moisture. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, breadcrumbs, cheese, egg, Worcestershire, ketchup, salt and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans.
3. Form into patties, using about 1/3 cup of mixture for each. For best results, refrigerate before grilling.
4. Grill patties 3-4 minutes on each side.
5. Serve with your favorite toppings & condiments.

## MEDITERRANEAN MEZZE

Mezze, a style of dining in the Mediterranean and Middle East, resembles a collection of Spanish tapas and other small plates meant to stimulate your appetite. Mezze often makes up an entire meal, combining both cold and hot, vegetarian and meat items. We make this type of meal and include things like falafel and pita bread...but that's another episode!



### TABBOULEH

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| <ul style="list-style-type: none"><li>• 1/2 cup bulgur wheat</li><li>• 2 Tablespoons of dried parsley – we had some from our garden from earlier this season</li><li>• 1 Tablespoon dried mint – also from our garden</li></ul> | <ul style="list-style-type: none"><li>• 1 tomato, very finely chopped</li><li>• Salt to taste</li><li>• 3 Tablespoons lemon juice</li><li>• 3 Tablespoons extra virgin olive oil</li></ul> |
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### DIRECTIONS

1. Combine the bulgur and the spices. Add 1 cup of boiling water. Cover with plastic wrap and let it steep.
2. Fluff with a fork and add chopped tomatoes
3. Taste and season with salt, pepper & smoked paprika.
4. Fold in the lemon juice & olive oil when you are ready to serve.

## BABA GANOUSH

### INGREDIENTS

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| <ul style="list-style-type: none"><li>• 2 pounds Italian eggplants (about 2 small-to-medium eggplants)</li><li>• 2 tablespoons of granulated garlic</li><li>• ¼ teaspoon ground cumin</li><li>• 2 tablespoons lemon juice – more if necessary</li></ul> | <ul style="list-style-type: none"><li>• ¼ cup tahini</li><li>• ½ cup extra-virgin olive oil, plus more for brushing the eggplant and garnish</li><li>• 2 tablespoons dried oregano</li><li>• Salt &amp; pepper to taste</li><li>• Pinch of smoked paprika</li></ul> |
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## DIRECTIONS

1. Arrange the eggplant slices on several baking sheets and sprinkle generously all over with kosher salt. Set aside to let the bitter juices weep from the eggplant, about 1 hour.
2. Preheat the oven to 450 degrees Fahrenheit with a rack in the upper third of the oven. Line a large, rimmed baking sheet with parchment paper to prevent the eggplant from sticking to the pan. Halve the eggplants lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared pan with the halved sides down.
3. Roast the eggplant until the interior is very tender throughout and the skin is collapsing, about 35 to 40 minutes (this might take longer if you are using 1 large eggplant). Set the eggplant aside to cool for a few minutes. Flip the eggplants over and scoop out the flesh with a large spoon, leaving the skin behind.
4. Discard all the eggplant drippings and dump the eggplant into the bowl. Add the garlic, lemon juice, tahini, cumin and olive oil to the bowl. Blend until smooth.
5. Season with salt, pepper, oregano and smoked paprika.

## GRILLED VEGETABLES

### INGREDIENTS

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| <ul style="list-style-type: none"><li>• Select an assortment of vegetables that you and your family enjoy.</li></ul> | <ul style="list-style-type: none"><li>• We used eggplant, corn, summer squash, zucchini, and bell pepper. We also got a bulb of fennel from Farmer Jon, so we grilled that too.</li></ul> |
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### DIRECTIONS

1. Clean, trim and slice vegetables.
2. Sprinkle with olive oil, salt & pepper.
3. Grill on both sides until cooked through.

## ANGELL FARM TOSSED SALAD



### INGREDIENTS

Our family is participating in a CSA program with Angell Farm in Lincoln, RI this year. Every week farmer Jon harvests the best of what's available in the garden. We created this salad based on what he provided and what we had on hand from the market.

- The base of our salad is some beautiful spring mixed greens, kale, and Boston Bibb lettuce.
- We shaved the radish thinly on a mandolin and it provides the salad with a spicy, crispy bite.

### DIRECTIONS

1. After grilling the corn, cut it from the cob. Mix with halved heirloom cherry tomatoes.
2. We also added purple cabbage. Top with the Green Goddess dressing and enjoy!

### GREEN GODDESS DRESSING INGREDIENTS

- 1 small garlic clove, minced
- 1 cup fabanaise or mayonnaise
- 1/2 cup chopped parsley
- 1/4 cup chopped tarragon
- 3 Tbsp chopped chives
- 2 Tbsp lemon juice
- Salt and black pepper to taste

### DIRECTIONS

1. Put all ingredients in the bowl of a blender or food processor and blend or pulse to get an evenly smooth dressing, about 30-45 seconds.
2. Serve as a dip or toss with salad greens for a dressing.
3. The dressing should last about a week in the fridge.
4. These volumes of herbs can be substituted with any greens you have on hand. For our video, I used radish greens, fennel frond, cilantro, and scallions.

## GRILLED HEARTS OF PALM & FARRO TOSSED SALAD



### INGREDIENTS

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| <ul style="list-style-type: none"><li>• 1 1/2 cup cooked farro</li><li>• 1 cup grilled hearts of palm</li><li>• 1/2 cup crumbled feta cheese</li></ul> | <ul style="list-style-type: none"><li>• 1 cup chopped tomatoes</li><li>• Salt and black pepper to taste</li></ul> |
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### DIRECTIONS

1. Cook the farro
2. Cook according to package instructions and chill. Once cool, mix in the remaining ingredients.
3. Stir in feta cheese & chopped tomatoes.
4. Season to taste with salt & pepper.



## STRAWBERRY SHORTCAKE WITH AQUAFABA WHIPPED CREAM



### INGREDIENTS

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| <ul style="list-style-type: none"><li>• 1 1/2 pounds strawberries, stemmed and quartered</li><li>• 5 tablespoons sugar, divided</li><li>• 2 cups all-purpose flour</li></ul> | <ul style="list-style-type: none"><li>• 2 teaspoons baking powder</li><li>• 1/4 teaspoon baking soda</li><li>• 2 tablespoons sugar</li><li>• 3/4 teaspoon salt</li></ul> |
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### DIRECTIONS

1. Mix strawberries with 3 tablespoons sugar and refrigerate while juices develop (at least 30 minutes).
2. Preheat oven to 400° F.
3. Sift together the flour, baking powder, baking soda, remaining 2 tablespoons sugar and salt in a medium bowl.
4. Add heavy cream and mix just until combined.
5. Place mixture in an ungreased 8-inch square pan (or muffin-pan for individual servings) and bake until golden (18 to 20 minutes).
6. Remove shortcake from pan and place on a rack to cool slightly.
7. To assemble: spoon some of the strawberries with their juice onto each shortcake bottom. Top with a generous dollop of whipped cream and then the shortcake top. Spoon more strawberries over the top and serve.

## AQUAFABA WHIPPED CREAM

### INGREDIENTS

Aquafaba is the residual liquid from soaking and cooking chickpeas. If you soak your own, save your liquid. If you buy canned, drain into a clean container and save for recipes like these!

- 3/4 cup aquafaba (liquid from canned unsalted chickpeas or white beans).
- 1/4 tsp cream of tartar
- 1 tbsp vanilla extract
- 2/3 cup powdered sugar
- 2 tbsp neutral-flavored oil like canola or refined melted coconut oil

## **DIRECTIONS**

1. Drain and save the liquid from a can of chickpeas or white beans.
2. Pour 3/4 cup of the liquid into a medium-sized mixing bowl.
3. Use a mixer to beat the liquid until it starts to become foamy.
4. Add 1/4 tsp cream of tartar and continue to mix for 5 minutes on high until it becomes very fluffy and forms stiff peaks.
5. Add 1 tbsp vanilla and continue to beat for another minute. (It will turn light brown for a minute but then will turn white again as it beats).
6. Slowly add 2/3 cup powdered sugar while continuing to mix on high until all vanilla and sugar are mixed in and the mixture is very fluffy. Mix for a total of 9-10 minutes for whipped cream that will hold its fluffiness the longest.
7. Turn off mixer and add choice of neutral oil. (Melted if using coconut oil).
8. Turn on mixer to low and beat for 5-10 seconds to get the oil distributed. (Do NOT over mix once the oil has been added or you will lose the fluffiness)!