

Eggplant Katsu And Brioche Burger With Spicy Hot Sauce

Ingredients:

(makes 6 burgers)

For eggplant katsu:

1 eggplant, trimmed and sliced* 1cm thick, soaked in salted water for 30 mins and then dried with a paper towel

1.25 dl (or 1/2 cup) all-purpose flour

1 1/2 tbsp cornstarch baking powder

1.5 tsp salt

1.5 dl (or 1/2 cup + 2 tbsp) water

5 dl (or 2 cups) panko breadcrumbs**

5 dl (or 2 cups) frying oil

a jar of sliced pickled cucumbers

For brioche buns:

Use the recipe here: <https://mydearkitcheninhelsinki.com/2017/01/14/brioche-buns-with-cheese-and-parsley-smell-the-butter/>

For hot sauce:

Use the recipe here for "hot spicy salad" (it will make more than you need for this recipe, but you can eat the leftover for a few days: <https://mydearkitcheninhelsinki.com/2017/07/06/gluten-free-thursday-roasted-cauliflower-steak-and-hot-spicy-salad/>)

For mayonnaise mix:

I used the recipe here: <https://www.carveyourcraving.com/3-ingredient-killer-vegan-burger-sauce>

*I cut the slices a bit diagonally to get bigger and slightly elliptical pieces. My eggplant was 415 gr, and I got 6 slices from it.

**You can find panko breadcrumbs in K-city markets. I didn't check other markets.

Instructions:

1. First, make the brioche buns (if using) and the sauces. For brioche buns, go to the recipe and do the first 5 steps. At step 6, divide the dough into 6 pieces. Continue the same steps 7 and 8, but in step 8, bake these buns for 25 minutes instead of 20. But check at 20 minutes anyway. Depending on your oven, they may be ready already at 20 minutes).

2. For eggplant katsu, combine the dry ingredients (flour, starch, baking powder, salt) and whisk a little.

3. Add water and whisk until you get a smooth batter.

4. Coat the eggplant slices (both sides and edges) first with batter and then with breadcrumbs generously. Put them on a plate.

5. In a pan, put 5 dl frying oil on medium heat and let it warm for a few minutes. Check if it is hot

enough to fry using a piece of breadcrumb.

6. Fry the eggplant slices in the hot oil, about 3-4 minutes for each side. Do not overcrowd your pan (I fried mine in 2 batches, 3+3). When you have nicely browned sides, take them out of the pan using a slotted spoon and let them cool down.

7. Assembly time! Cut the buns in two. Assemble the burger in the following order: mayo sauce, pickled cucumber, hot sauce, eggplant katsu, pickled cucumber, hot sauce and mayo sauce. You can add other stuff you like putting in a burger, like greens. Serve with a light salad. Enjoy!