

# BRIDPORT and DISTRICT ALLOTMENTS SOCIETY



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## CHICKPEA and BEETROOT BURGERS. (Vegan, gluten and dairy free)

The secret of these tasty burgers is to toast and then grind the cumin just before use

### Ingredients:

- 1 X Tin of chickpeas (drained and rinsed)
- 1/2 X Red onion (finely chopped)
- 2 X Garlic cloves (crushed)
- 75g Cooked beetroot(diced)
- 2tsp Ground cumin
- 1/2tsp Baking powder
- 2tsp lemon juice
- 4tbsp plain flour (GFree)
- 1tbsp chopped parsley
- 1tsp salt
- A few grinds of black pepper
- Olive oil to fry

### Method:-

- Put 2/3 of the chickpeas and the rest of the ingredients into a food processor and pulse to a roughish paste. Turn into a bowl.
- Crush the rest of the chickpeas and mix them in.
- Divide into 4 or more and form into burgers by hand using more flour to prevent them from sticking.
- Fry gently until nicely browned.
- Once cool, they can be stored in the fridge for use within 3 days and reheated in a frying pan with a little more oil.
- **Dried chickpeas** cooked in the slow cooker are great for this recipe.
- Put 250g of dried chickpeas into the slow cooker
- Add water to cover them by 4 or 5cm. Add 1/4tsp of bicarbonate of soda
- Put on the lid and cook on low for 6-8 hours (6 is usually fine so check at this point)
- Strain and discard the cooking liquid
- Dried chickpeas double in weight when cooked so this amount will make double the recipe.

**Membership Secretary**  
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