



Food Trend: Philippines; Vegetarian Burger

Features #2 Veggie Power Star Chinese Cabbage

Guinataan Talong

1 Chinese eggplant, halved, roasted
2 Tablespoons white wine vinegar
1/4 cup shredded coconut
1 Tablespoon minced green onion
Salt and black pepper to taste

Roast eggplant in oven or over charcoal heat. Remove the softened eggplant into small bowl; discard the skins.

Combine the vinegar and coconut in a small bowl, mashing together; set aside to marinate about 1 hour. Drain vinegar from coconut; set coconut aside for slaw.

Stir coconut flavored vinegar and minced onion into softened eggplant. Season with salt and black pepper to taste.

Yield: about 1/3 cup spread for sandwich

Recipe Inspired by: Enriqueta David-Perez Recipes of the Philippines

Coconut Cole Slaw:

1 cup finely sliced Chinese cabbage
1/4 cup fine shredded carrot
1 Tablespoon chopped sweet bell pepper
Reserved marinated coconut from Guinataan Talong recipe
1 Tablespoon minced cilantro as desired

In a small bowl, mix all ingredients together.

To Prepare the Philippines Flavored Burger:

1 split hamburger roll
Oil Cooking Spray as desired
1 to 2 Tablespoons banana or original catsup
Guinataan Talong spread consistency
1 Beyond Meat Plant Based Burger Patty, cooked
Coconut Coleslaw as desired
Baked Lentil Chips as desired

Place roll on insulated cookie sheet; spray insides of roll with cooking oil; broil until golden. Remove from cookie sheet.

Spread catsup over inside roll bottom; spread Guinataan Talong over inside roll top.

Place lightly cooked burger patty over catsup; top with coconut coleslaw as desired.

Serve with your favorite flavored baked lentil chips as desired.

Yield: 1 Burger Sandwich

About the Recipe: Dress your burger in style with a touch of the Philippines. The roasted or grilled eggplant spread adds a smoky flavor that merges with the crisp, cool coconut coleslaw. For fun, try the banana catsup if you are an adventurer or make yours original. It's a great trendy sandwich with a no-meat burger. Wow!