



Food Trend: Filipino, Organic Foods, Plant Butchery
Features #1 Veggie Power Star Watercress

Philippines (Filipino) Burger Steaks with Mushroom Gravy

Mushroom Gravy

2 Tablespoons unsalted butter
 8 ounces mixed wild mushrooms, sliced thinly
 2 Tablespoons all purpose flour
 1-1/2 cups cold water or vegetable broth. divided
 2 Tablespoons fine minced onion
 1/2 teaspoon Worcestershire sauce
 1 Tablespoon soy sauce
 1 teaspoon sesame oil
 Black pepper to taste
 2 to 4 Tablespoons heavy cream
 3 to 4 Tablespoons small lime basil leaves

Burger Steaks

2 packages Beyond Meat Burger patties, thawed
 Serve with: As desired: Whole Wheat Flatbread or Naan breads, warmed
 Garnish:
 Watercress leaves; halved peppadew peppers; black olives; sliced mini cucumber sticks.

Melt the butter in a 10 inch skillet over medium-high heat; add the mushrooms; sauté for about 10 minutes or until brown reducing mushroom juices. Stir in flour; cook for about 3

minutes. Stir in 1 cup vegetable broth; add onion, Worcestershire sauce, soy sauce, and sesame oil. Season to taste with black pepper. Simmer to form sauce, about 3 to 5 minutes. Stir in heavy cream; heat until warm; do not boil sauce. Before serving; stir in lime basil leaves.

Meanwhile, Preheat grill or 10 inch skillet to medium high heat; cook burgers for 2-1/2 minutes per side or 165 degrees F. Product will be lightly red or pink when fully cooked.

To serve: Place warm flatbread on serving dish; top with bed of watercress. Top with hot burgers, spoon prepared hot mushroom sauce over burger steaks; garnish the plate with chilled peppadew pepper halves, pitted black olives, and thin cucumber sticks.

Serves: 4 Burger Steaks

Cook's Note:

- I used Baby Bella and Hedgehogs mushrooms but any small mushroom can be substituted.
- Beyond Meat Burgers are plant-based burger patties with no soy, no gluten, and GMO free. Each package contains two 1/4 lb. patties. It is important not to overcook this product.
- You can also serve this with cooked rice.
- I adapted this recipe into a vegetarian dinner dish using vegetable burgers.
- A natural mushroom soup can be substituted for the gravy but using fresh mushrooms produces a wonderful fresh flavor.

Recipe Originated: The Filipino Burger Steak was popular as the Jollibee's Burger Steak in the early 90's. It was a hamburger prepared with beef broth mushroom gravy.

For More Information:

<http://www.pinaycookingcorner.com/2011/10/filipino-burger-steak.html>;

<http://www.hungrybrownie.com/filipino-burger-steak/>

About the Recipe: Your dinner guests will never believe that they are having veggie burger steaks. Yes, they are that delicious! Perhaps it is the light red or pink centers and dense texture that fools everyone. Also, they don't have a strong vegetable flavor. Adding the creamy mushroom topping elevates the dish into a delicious entrée to serve with cooked rice or mashed potatoes.