Hill's Mills & Mixers
BOSCH Kitchen Centre
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QUICK TOFU BURGER MIX

½ cup coarse brown rice flour
½ cup fine white bean flour
1/3 cup toasted sesame seeds
1 Tbsp dried parsley
1 Tbsp All Purpose Seasoning (above)
1 cup fresh milled corn flour
½ cup fresh-milled green pea or split green pea flour
1 Tbsp dry minced onion
Salt and pepper to taste

Mix all ingredients together. Makes 4 cups dry mix. Refrigerate and use within 3 months.

To make Tofu Burgers, combine 1 cup dry mixture wioth 1 lb mashed tofu and ½ cup cooked cracked wheat or brown rice. Mix well until the consistency is slightlty stiff, adding a little water if mixture is too dry.

Shape into ½ inch thick patties or into balls and pan fry in butter or canola oil until crisp and golden brown on both sides.

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