

# Maltby &Greek



## Cicero's Chickpea & Walnut burger

A chickpea patty. A vegetarian burger inspired by ancient Greco-Roman ingredients adapted for modern street food! But it could have worked equally well on the 'Thermopolia', the ancient Roman equivalent of fast food joints, which existed in most busy and bustling big cities of ancient Italy.



Serves 2



30 minutes



### Method

Slowly fry the onion till soft and translucent in a tablespoon of extra virgin olive oil. As it is finely chopped, do it in low heat and it will take about 5 minutes, not more as it will start to burn. Let it cool down completely.

Mix the ingredients. Form patties. Let them rest in the fridge for a couple of hours to firm.

Dust with flour. Fry in little olive oil for 2 min each side on medium heat.

Serve with your favourite salad, and perhaps in a bun with a yoghurt and coriander olive oil sauce.

You might have noticed I have two different onions two different ways. I need the sweetness and complexity of fried onion but also the taste and punchiness of raw onion is essential. I temper it by using a banana shallot which is milder than onion. It works exceptionally well!

### Ingredients

Cooked chickpeas (remove excess moisture by dry roasting them in the oven for 10-15 min)

Toasted walnuts (toast in a hot pan, chop into small pieces, some pounded finer with pestle and mortar)

One large-ish onion, finely chopped, sautéed in olive oil

Cumin seeds (teaspoon pounded with pestle and mortar)

Fennel seeds (teaspoon pounded with pestle and mortar)

A pinch of celery seeds and lovage seeds if available

A small banana shallot, raw and finely chopped.

Finely chopped parsley

Salt & pepper to taste.

One egg

A tablespoon of olive oil

