

# Cooking School

*with the London Chef*

## Chef Heidi's Pakora Burgers

For a true chef mis-en-place experience we suggest having the ingredients out, washed and measured, and the equipment ready to go before you begin cooking. Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen! These quantities can be easily doubled, but if you increase food quantity make sure to use appropriate sized pots/pans for for the best outcome.

### Pantry Items & Spices

Salt  
Sugar  
Oil  
Garlic  
2 Tb ground coriander  
2 tsp ground cumin  
1 tsp carom seeds (ajwain) (omit if you can't find them)  
Cayenne  
Turmeric  
1/2 tsp garam masala  
1 cup besan (channa flour / chickpea flour)

### Produce

1 onion (for burger patties)  
optional - onion for slices as a burger topping  
1 cup (approx) cauliflower - you can buy "cauliflower rice" for this because it needs to be finely chopped  
3 cups spinach or arugula  
1 bunch cilantro  
1 Tb fresh ginger  
4 cloves garlic  
2 jalapenos  
2 lemons  
1 cucumber  
1 to 2 ripe tomatoes

### Grocery/Dry Goods

1 cup cooked or canned chickpeas  
4 to 6 burger buns  
1/4 cup slivered or sliced almonds  
Oil for frying  
1/2 cup mayonnaise

### Cooking Equipment

Knife  
Cutting board  
Measuring cups & spoons  
Potato Masher  
Wooden Spoons  
Rubber Spatula  
Metal Flipper  
Zester  
Mixing bowls  
Two large skillets or frying pans  
One small skillet  
Sheet pan (baking tray)  
Food processor or mini chopper  
Optional - garlic press  
Optional - disposable latex gloves