

Lauren's Kitchen: Zucchini Rosti Yucca Patty with French Mustard Dressing



This tasty evening meal treat was suggested by the Vedic Chef in the Chopra Center newsletter last month. Since we are rosti fans I wanted to give this unusual set of ingredients a try. I must say, they are simply divine.

An easy-to-make burger with a loose structure, this is juicy, crisp, and light. Excellent served on a fennel salad with arugula.

In case you aren't familiar with Rosti it originates in Switzerland and is a crispy grated potato cake. In this version Chef Johnny Brannigan includes yucca as a valuable source of anti-oxidants.

Ingredients for the Burger:

2 zucchini, trimmed and sliced lengthways; use a cheese slicer
1 pound yucca root, peeled and baked until soft
1 purple or orange sweet potato or yam, also baked

1 carrot, cut lengthways into very fine slices
1/4 cup finely chopped leek
Sesame seeds
Sunflower oil or sesame oil for frying
2 teaspoons fresh grated ginger root
1 tablespoon Chef Johnny's Vata seasoning (*while this calls for a premade blend I suggest combining any of the following spices to your liking: cardamom, fennel seeds, cumin seeds, dry ginger powder, turmeric, and hing, aka asafoetida*)
1 teaspoon organic mustard sauce
1 teaspoon lemon juice
Salt
1/2 teaspoon black pepper

Ingredients for the Dressing:

1 cup olive oil
2 teaspoons apple cider vinegar
1 teaspoon lime juice
1 tablespoon fresh chopped parsley
3 teaspoon fresh thyme
2 teaspoons mustard
1 teaspoon raw honey
1/2 teaspoon black pepper
1/2 teaspoon turmeric
2 teaspoons Chef Johnny's Vata seasoning (*while this calls for a premade blend I suggest combining any of the following spices to your liking: cardamom, fennel seeds, cumin seeds, dry ginger powder, turmeric, and hing- aka asafoetida*)
Salt

Full preparation instructions can be found at the bottom of this newsletter.