



PORTOBELLO FISH LUNCHEON BURGER

Serves 8

INGREDIENTS

8 whole-wheat hamburger buns, split and spread with a bit of salted butter
8 medium size fresh Portobello mushrooms (70gm each)
4 tbs reduced-salt butter (for coating mushroom)

STUFF FILLINGS

3-4 tbs olive oil	1 large egg
1 large chopped onion	1 tsp mixed herbs or oregano leaves
1/2 cup breadcrumbs, crushed	1/2 cup tempura flour
1 tsp black pepper	1/2 cup low fat cold milk
1 tsp brown sugar to taste	150g Ayam Brand Baked Bean in Tomato Sauce
1 teaspoon Worcestershire sauce	2 cans Ayam Brand Spicy Fish Luncheon 195g, coarsely minced



SAUTEING

Heat up a saucepan on medium heat with a dash of oil and sauté the chopped onion until fragrant. Set aside.

MIXING

Mix tempura flour with cold water to form into a paste and whisk in all ingredients together except the mushrooms. Wipe the mushrooms, remove the stems and make slits in tops of caps. Lightly brush on softened butter onto surface of mushrooms and dust on with some tempura flour over the buttered surfaces.

GRILLING

Pre-heat the grill pan while you fill each mushroom with combined fish luncheon mixture. Place each filled mushroom side onto the hot grill unit. Set your grill to medium heat and grill the mushrooms for 5 minutes.

PRESENTATION

Split buns into halves and lightly butter each slice and toast them in the oven.
Add a bed of crunchy lettuce, some freshly sliced tomatoes, onion rings, gherkins and Dijon mustard.
Then place the mushrooms on top of the pile.