Zero Burger

Preparation

→ Soak flaxseed in water for 10 minutes
→ Puree ⅓ of the beans with rolled oats, miso and the spices
→ Mince the mushrooms. Add 1 tbsp oil to a hot pan, sauté the mushrooms at medium-high heat for 6 minutes. Add salt
→ Mince the shallot and garlic
→ Add sautéed mushrooms, shallot, garlic, the rest of the beans, flaxseed and walnuts to patty mixture. Combine and chop briefly
→ Form four patties and set aside
→ Add coconut oil to a pan, fry patties at medium-high heat for 5 minutes on each side
→ Serve

Patties

2 tbsp of ground flaxseed
60 ml water
250 g tinned black beans
80 g rolled oats
1 tsp miso paste
1 tsp cumin
1 tsp herbs de Provence
⅓ tsp cayenne pepper
100 g mushrooms
1 tbsp olive oil
1 pinch salt
1 shallot
1 clove of garlic
40 g walnuts
4 tbsp coconut/vegetable oil

Toppings

Vegan mayonnaise, tomatoes, onions, lettuce, pickles, buns

A look at carbon footprints

Vegan burger versus meat burger

Our diet has a huge impact on our personal carbon footprint. Vegetarian Meat alternatives such as Sven Trump’s “Zero Burger” are delicious and much more climate friendly to boot. A vegan burger patty produces more than 6 times less carbon emissions than a meat patty. This shows that going meat-free just one day a week could considerably reduce CO₂ emissions – all without sacrificing taste.

Calculation basis:
The Zero Burger recipe was compared to two meat burger recipes that were averaged together.
The weight of the patties was standardized to 175 g/patty. The calculations were performed and verified by myclimate experts. The values are based on CO₂ equivalents (CO₂e).

Sources:
- Zero Burger recipe: Sven Trump, myclimate Germany
- Meat patty burger recipes: swissmilk.ch, bettybossy.ch
- Internal myclimate calculations

“Zero Burger” patty (175 g) 198 g CO₂
Meat patty (175 g) 1258 g CO₂

Photo: Photo shoot of burger made with the recipe © roberthoernig.com