

Turkey Burgers



Prep: 15 minutes

Cook: 10 minutes

Yield: 4-6 servings

Chef Suzanne Landry

- 2 pounds ground turkey meat
- 1 tablespoon olive oil
- 1 small onion minced (about 1 cup)
- 1/4 cup parsley minced
- 2 teaspoons dried oregano
- 1 medium carrot (about 1/2 cup)
- 1 small zucchini (about 1 cup)
- 1/2 teaspoon dried garlic powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup vegetable oil for frying

1. Place turkey meat in large bowl. Preheat olive oil in a medium frying pan and sauté onion for 2-3 minutes. Add parsley and oregano and sauté for 2 minutes. Add this to turkey meat.
2. Grate carrot and zucchini. Add to turkey mixture with remaining ingredients: garlic powder, salt, and pepper and mix well.
3. Form into burgers, 4-5 inches wide and 1 inch thick. Place patties on cookie sheet or plate and continue forming burgers until all mixture is used. Make sure the burgers are evenly shaped all around and the sides are as thick as the center. Preheat vegetable oil in frying pan on medium-high heat. Test the oil by dropping a little bit of turkey mixture into the oil. If it begins to sizzle immediately, the oil is ready. Cook 3-4 burgers at one time. Do not crowd the pan as you prevent the burgers from browning. After about 4 minutes when burgers have browned, turn over and cook the other side. Cook another 4-5 minutes.
4. Burgers will swell and puff up a little. Do not cover or pat them down with your spatula. They should be firm to the touch when pressed in the middle. If not firm, cover, reduce heat to medium and cook another few minutes. Serve on a bun with your favorite burger toppings and condiments.



Chef's Notes: To freeze for later use, form uncooked burgers and wrap well. Also, unused mixture can be made into small 2-inch turkey balls. Place turkey balls on an oiled cookie sheet. Bake in preheated 350°F oven for 5 minutes; shake sheet to roll balls; bake again for 5 minutes. Freeze to use in sauces, soups, and casseroles.

How can you tell when your steak or burger is cooked without cutting into it? Restaurant chefs will poke it and test for texture. If it is rare, it will feel soft like the skin between your thumb and index finger. If it is medium, it will feel as firm as the pad of your hand at the base of your thumb. Well done? It will be as firm as the center of the palm of your hand. Heat and time will vary depending on your cookware and whether you use a gas or electric stove. You will learn from experience how to get these just perfect without drying them out.