



Recipes

BEYOND BASIC BURGERS

CHICKEN BURGERS WITH MANGO MAYONNAISE

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| 1 lb (0.5 kg) ground chicken | 1/4 tsp (1 mL) salt |
| 1 cup (250 mL) fresh bread crumbs | 1/4 tsp (1 mL) freshly ground pepper |
| 1/2 cup (125 mL) finely chopped onion | 1 clove garlic, crushed |
| 1/3 cup (75 mL) ketchup | 4 hamburger buns |
| 1/4 cup (50 mL) chopped raisins | 4 lettuce leaves |
| 1 tsp (5 mL) grated lemon peel | Mango slices |
| 3/4 tsp (3 mL) cumin | Mango Mayonnaise, recipe follows |
| 1/4 tsp (1 mL) cinnamon | |

Combine first 11 ingredients (chicken through garlic). Shape mixture into 4 patties. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with lettuce, mango and Mango Mayonnaise. Serves 4.

Mango Mayonnaise: In a small bowl, combine 1/2 cup (125 mL) finely chopped peeled mango, 1/3 cup (75 mL) mayonnaise, 2 tsp (10 mL) fresh lime juice and 1/4 tsp (1 mL) grated lime peel until blended. Cover and refrigerate until serving. Makes 2/3 cup (150 mL).

CARIBBEAN BURGERS

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| 1 lb (0.5 kg) lean ground pork | 1/2 tsp (2 mL) allspice |
| 1/4 cup (50 mL) finely chopped onion | 1/2 tsp (2 mL) red pepper flakes |
| 1 tsp (5 mL) grated lime peel | 1/4 tsp (1 mL) salt |
| 1 clove garlic, crushed | 4 whole wheat kaiser buns |
| 1 tsp (5 mL) thyme, crumbled | Lettuce leaves and red onion slices |

Combine first 8 ingredients (pork through salt). Shape mixture into 4 patties. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with lettuce and onion slices. Serves 4.

TERIYAKI BURGERS

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| 1/2 cup (125 mL) mayonnaise | 1/4 tsp (1 mL) ginger |
| 3/4 tsp (3 mL) wasabi paste | 1/4 tsp (1 mL) salt |
| 1 lb (0.5 kg) lean ground beef | 1 clove garlic, crushed |
| 1 cup (250 mL) fresh bread crumbs | 4 hamburger buns |
| 1/4 cup (50 mL) finely chopped onion | 4 lettuce leaves |
| 2 tbsp (25 mL) soy sauce | 4 slices tomato |
| 1 tsp (5 mL) sugar | |

In a small bowl, whisk together mayonnaise and wasabi paste until blended. Cover and refrigerate until serving. Combine next 8 ingredients (beef through garlic). Shape mixture into 4 patties. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with mayonnaise mixture, lettuce and tomato. Serves 4.

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GREEK BURGERS

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| 1 lb (0.5 kg) lean ground beef | 1 egg |
| 3/4 cup (175 mL) fresh bread crumbs | 1 tsp (5 mL) oregano, crumbled |
| 1/4 cup (50 mL) chopped canned roasted red peppers | 1/4 tsp (1 mL) salt |
| 1/4 cup (50 mL) chopped fresh parsley | 1/4 tsp (1 mL) freshly ground pepper |
| 1/4 cup (50 mL) finely chopped onion | 6 whole wheat kaiser buns |
| 1 clove garlic, crushed | 6 thin slices red onion |
| 1 pkg (10 oz/300 g) frozen chopped spinach, thawed and squeezed dry | Feta Aioli, recipe follows |

Combine first 11 ingredients (beef through pepper). Shape mixture into 6 patties. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with onion and Feta Aioli. Serves 4 - 6.

Feta Aioli: In a food processor, process 1/2 cup (125 mL) **each** shredded dry pack feta cheese and mayonnaise with 1 clove crushed garlic and 1/4 tsp (1 mL) freshly ground pepper until smooth. Transfer to a bowl. Cover and refrigerate until serving. Makes about 2/3 cup (150 mL).

GARDEN CHICKEN BURGERS

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| 1 lb (0.5 kg) ground chicken | 1/4 tsp (1 mL) oregano, crumbled |
| 1/2 cup (125 mL) fresh bread crumbs | 1/4 tsp (1 mL) cumin |
| 1/2 cup (125 mL) shredded carrot | 1/4 tsp (1 mL) salt |
| 1/2 cup (125 mL) shredded zucchini | 4 whole wheat kaiser buns |
| 1/4 cup (50 mL) chopped green onion | Lettuce leaves and tomato slices |
| 1 tbsp (15 mL) chili powder | |

Combine first 9 ingredients (chicken through salt). Shape mixture into 4 patties. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with lettuce and tomato. Serves 4.

BLUE CHEESE BURGERS

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| 1 green onion, cut into 1 inch (2.5 cm) pieces | 1/4 tsp (1 mL) freshly ground pepper |
| 1/4 cup (50 mL) mayonnaise | 1/8 tsp (0.5 mL) salt |
| 1/4 cup (50 mL) sour cream | 1/4 cup (50 mL) crumbled blue cheese |
| 1/2 tsp (2 mL) Dijon mustard | 1 lb (0.5 kg) lean ground beef |
| 1/4 tsp (1 mL) Worcestershire sauce | 4 thick slices garlic toast |

Chop green onion in food processor. Add next 6 ingredients (mayonnaise through salt) and process until blended. Add blue cheese and process until smooth. Refrigerate sauce until serving or up to 3 days. Shape meat into 4 oval-shaped patties. Grill patties over medium heat on a natural gas barbecue until completely cooked. Serve patties on garlic toast topped with blue cheese sauce. Serves 4.

ASIAN TURKEY BURGERS

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| 1 lb (0.5 kg) ground turkey | 2 tsp (10 mL) sugar |
| 1/2 cup (125 mL) fresh bread crumbs | 1/4 tsp (1 mL) salt |
| 1/4 cup (50 mL) each chopped fresh cilantro, mint and basil | 1/4 tsp (1 mL) hot pepper sauce |
| 1 clove garlic, crushed | 4 hamburger buns |
| 1 tbsp (15 mL) each lime juice and soy sauce | Lettuce leaves and sweet pickle slices |

Combine first 11 ingredients (turkey through hot pepper sauce). Shape mixture into 4 patties. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with lettuce and pickles. Serves 4.