Best Burgers

SOUTHWESTERN TURKEY BURGERS

Either homemade or purchased guacamole may be used in this recipe.

1 lb (0.5 kg) ground turkey
1/2 cup (125 mL) chopped green onions
1/3 cup (75 mL) chopped fresh cilantro
1 tbsp (15 mL) chopped canned chipotle peppers in adobo sauce
2 tsp (10 mL) cumin
1/4 tsp (1 mL) salt
4 flour tortillas (6 inch/15 cm)
2 Roma tomatoes, diced
1/4 cup (50 mL) guacamole


Cook’s Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

BLACK BEAN BURGERS WITH GARDEN SALSA

1 can (19 oz/540 mL) black beans, rinsed and drained
1/2 cup (125 mL) fine dry bread crumbs
1/4 cup (50 mL) finely chopped red onion
1 egg, lightly beaten
1/2 tsp (2 mL) oregano, crumbled
Garden Salsa, recipe follows

Coarsely mash beans using a potato masher; some pieces of bean should remain intact. Stir in next 6 ingredients (bread crumbs through egg). Shape mixture into 4 patties. Grill patties on an oiled grid over medium heat on natural gas barbecue for 4 - 5 minutes per side or until cooked through. Serve in pita halves with Garden Salsa. Serves 4.

GARDEN SALSA

2/3 cup (150 mL) chopped seeded English cucumber
1/2 cup (125 mL) chopped red bell pepper
1/4 cup (50 mL) chopped red onion
1 tbsp (15 mL) honey
1/4 tsp (1 mL) fresh lime juice
1/4 tsp (1 mL) dill weed
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
Dash cayenne pepper

Combine all ingredients. Cover and refrigerate for up to 1 hour. Makes about 1 1/2 cups (375 mL).

HERBED BURGERS

1 lb (0.5 kg) lean ground beef
3 tbsp (40 mL) chopped fresh parsley
2 tbsp (25 mL) chopped green onion
1 tsp (5 mL) basil, crumbled
1/2 tsp (2 mL) oregano, crumbled
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) freshly ground pepper
1/4 tsp (1 mL) rosemary, crumbled
1 clove garlic, crushed
4 hamburger buns
Lettuce leaves and tomato slices


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**TURKEY BURGERS WITH FETA CREAM**

1 1/2 lb (0.75 kg) ground turkey  
1/4 cup (50 mL) shredded feta cheese  
1 tsp (5 mL) oregano, crumbled  
1/2 tsp (2 mL) garlic powder  
1/2 tsp (2 mL) salt  
1/2 tsp (2 mL) freshly ground pepper  
Oil  
6 multi-grain hamburger buns  
Thin slices English cucumber  
Lettuce leaves  
Feta Cream, recipe follows


**FETA CREAM**

4 oz (125 g) cream cheese, softened  
1/8 tsp (0.5 mL) salt  
1/2 cup (125 mL) shredded feta cheese  
1/4 cup (50 mL) plain yogurt  
1/4 tsp (1 mL) freshly ground pepper  
1/2 tsp (2 mL) grated lemon peel  
1/2 cup (50 mL) thinly sliced green onion

Using low speed of an electric mixer, beat together cream cheese, feta cheese, yogurt, pepper and salt until blended. Stir in green onion and lemon peel. Cover and refrigerate until serving. Makes about 1 cup (250 mL).

**SALMON BURGERS WITH TOMATO AIOLI**

1 lb (0.5 kg) skinless salmon fillet, cubed  
1 large egg  
3/4 cup (175 mL) soft fresh bread crumbs  
1/4 cup (50 mL) thinly sliced green onion  
1 tbsp (15 mL) chopped fresh dill  
1 tsp (5 mL) whole grain mustard  
1/4 tsp (1 mL) salt  
1 tbsp (15 mL) canola oil  
4 whole wheat hamburger buns  
Lettuce leaves  
Thin slices red onion  
Tomato Aioli, recipe follows*

Place salmon and egg in a food processor; process, using an on/off motion, until salmon is chopped. Transfer salmon mixture to a bowl. Add bread crumbs, green onion, dill, lemon juice, mustard and salt; stir until well blended. Shape mixture into 4 patties. Heat oil in a large non-stick frypan over medium heat. Cook patties until browned on both sides and completely cooked, about 5 minutes per side. Serve in buns with lettuce, red onion and Tomato Aioli. Serves 4.

**TOMATO AIOLI**

1/2 cup (125 mL) light mayonnaise  
1 Roma tomato, seeded and diced  
1 tbsp (15 mL) finely chopped fresh parsley  
1 tsp (5 mL) fresh lemon juice  
1/4 tsp (1 mL) freshly ground pepper  
1 clove garlic, finely chopped

Combine all ingredients in a bowl until blended. Makes 3/4 cup (175 mL).

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**Barbecue Safety Matters:**

*If the burners do not light or go out during operation, turn all gas valves off, open the lid and wait for five minutes before attempting to re-light.*

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**MAUI BURGERS**

- 2 lb (1 kg) lean ground beef
- 1/4 cup (50 mL) soy sauce
- 2 tbsp (25 mL) honey
- 1/4 tsp (1 mL) cinnamon
- 1/4 tsp (1 mL) paprika
- 1/4 tsp (1 mL) ground ginger
- 1/4 tsp (1 mL) curry powder
- 1/4 tsp (1 mL) garlic powder
- 1/8 tsp (0.5 mL) nutmeg
- 8 canned pineapple slices, drained
- 8 hamburger buns
- Lettuce leaves

Combine first 9 ingredients (beef through nutmeg). Shape mixture into 8 patties. Grill patties over medium heat on natural gas barbecue until completely cooked. Just before patties are cooked, place pineapple slices directly on barbecue grid. Grill pineapple slices until heated through and tinged with grill marks, about 2 - 3 minutes per side. Serve patties in buns with pineapple slices and lettuce. Serves 8.

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**BERRY GOOD BURGERS**

- 1/2 cup (125 mL) fresh or frozen blueberries
- 1 lb (0.5 kg) lean ground beef
- 1/2 cup (125 mL) soft fresh bread crumbs
- 1 tbsp (15 mL) balsamic vinegar
- 1 tbsp (15 mL) Dijon mustard
- 1 tsp (5 mL) Worcestershire sauce
- 1/4 cup (50 mL) fresh bread crumbs
- 1/4 tsp (1 mL) freshly ground pepper
- 2 cloves garlic, crushed
- 4 whole wheat hamburger buns
- 4 tomato slices
- Lettuce leaves

Place blueberries in a mini food processor or blender; process until smooth. Combine blueberry puree with 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 tomato and lettuce. Serves 4.

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**GREEK LAMB BURGERS**

- 1 lb (0.5 kg) lean ground lamb
- 3/4 cup (175 mL) fresh bread crumbs
- 1/4 cup (50 mL) chopped drained canned roasted red peppers
- 1/4 cup (50 mL) chopped fresh parsley
- 1/4 cup (50 mL) finely chopped onion
- 1 clove garlic, crushed
- 1 pkg (10 oz/300 g) frozen chopped spinach, thawed and squeezed dry
- 1 egg
- 1 tsp (5 mL) oregano, crumbled
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) freshly ground pepper
- 6 hamburger buns
- Thin slices red onion, tomato slices and sliced ripe olives
- Lemon Feta Aioli, recipe follows


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**LEMON FETA AIOLI**

- 1/2 cup (125 mL) mayonnaise
- 1/2 cup (125 mL) shredded feta cheese
- 1 tsp (5 mL) fresh lemon juice
- 1/2 tsp (2 mL) grated lemon peel
- 1/4 tsp (1 mL) freshly ground pepper
- 1 clove garlic, crushed

Place all ingredients in a food processor; process until smooth. Transfer to a serving dish. Cover and refrigerate until serving. Makes about 2/3 cup (150 mL).
LEBANESE BURGERS

1 1/2 lb (0.75 kg) lean ground beef  
1/2 cup (125 mL) chopped fresh parsley  
1/4 cup (50 mL) finely chopped red onion  
1 tsp (5 mL) cinnamon  
1 tsp (5 mL) cumin  
1 tsp (5 mL) paprika  
1 tsp (5 mL) salt  
1/2 tsp (2 mL) cayenne pepper  
3 pita bread, halved  
Minted Yogurt Sauce, recipe follows  
Shredded lettuce


Minted Yogurt Sauce

3/4 cup (175 mL) diced seeded Roma tomatoes  
1/2 cup (125 mL) yogurt  
1/2 cup (125 mL) diced seeded English cucumber  
1 clove garlic, finely chopped  
1/8 tsp (0.5 mL) salt

Combine all ingredients. Cover and refrigerate for up to 1 hour. Makes about 1 1/2 cups (375 mL).

VIETNAMESE PORK BURGERS

1 tbsp (15 mL) canola oil  
1/4 cup (50 mL) finely chopped lemon grass stalk  
1/4 cup (50 mL) finely chopped onion or shallots  
1 tbsp (15 mL) finely chopped fresh ginger  
2 kaffir lime leaves, optional  
1 clove garlic, finely chopped  
1 lb (0.5 kg) lean ground pork  
1/2 cup (125 mL) fine dry bread crumbs  
2 large eggs, lightly beaten  
2 tsp (10 mL) fish sauce  
1/4 tsp (1 mL) salt  
1/4 tsp (1 mL) freshly ground pepper  
6 hamburger buns  
Pickled Carrots, recipe follows  
Toppings: Processed cheese product, Thai sweet chili sauce, julienned seeded English cucumber, thinly sliced onion, sliced jalapeno pepper, chopped roasted peanuts

Heat oil in a medium frypan over medium-low heat. Add lemon grass, onion, ginger, lime leaves and garlic; sauté until lemon grass and onion are softened, about 5 minutes. Remove from heat and cool slightly; remove and discard lime leaves. Transfer lemon grass mixture to a bowl. Add pork, bread crumbs, beaten eggs, fish sauce, salt and pepper; stir until well blended. Shape mixture into 6 patties. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with Pickled Carrots and toppings. Serves 6.

Cook’s Note: Before using lemon grass stalks, you need to remove and discard the tough outer layers. Kaffir lime leaves are dark green and uniquely shaped. A single leaf looks like two leaves attached together. They can be found fresh, frozen or dried. Look for them in Asian grocery stores. ATCO Blue Flame Kitchen used The Laughing Cow Process Cheese Product as a topping in this recipe. Hot peppers cause severe skin and eye irritation. Wear disposable gloves when handling hot peppers and avoid touching any exposed skin.

PICKLED CARROTS

1 cup (250 mL) rice vinegar  
1/2 cup (125 mL) granulated sugar  
1 1/2 cups (375 mL) julienned carrots

Whisk together vinegar and sugar until sugar is dissolved. Pour vinegar mixture into a heavy zip-lock plastic bag. Add carrots and squeeze bag to coat carrots with vinegar mixture; seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 12 hours or up to 24 hours. Drain carrots, discarding vinegar mixture.

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