

Turkey Burger with Herbs & Tzatziki Sauce

This recipe has a bit of prep work but it is super simple and quick to make.

The Tzatziki Sauce

¼ cup white vinegar
2 garlic cloves
2 cups plain Greek yogurt
½ large English cucumber, peeled and halved lengthwise, seeded, cut in ¼-in. pieces
1½ tbsp. chopped fresh dill
1 tsp. kosher salt
¼ tsp. black pepper

Process vinegar and garlic in a blender until smooth, about 1 minute. Transfer to a bowl. Add yogurt; gently whisk until fully incorporated. Fold in cucumber, dill, 1 teaspoon salt and ¼ teaspoon pepper. Set aside. Can make ahead of time and refrigerate until ready to use.



The Turkey Burger

1/2 cup whole milk
4 bread slices, crusts removed
1 egg
2 lb. ground turkey
Olive oil

Salt & Pepper

Line a small tray with parchment paper, and rub parchment with 1 tablespoon olive oil.

Place the bread slices with crusts removed in a large shallow bowl. Cover with milk. Press down on the bread to be sure it is submerged in the milk. Let soak for 30 seconds for soft pillowy bread or a minute or more for a more rustic or GF bread. Once completely soaked. Remove bread from milk mixture; discard liquid. Squeeze excess liquid from bread, and tear bread into small pieces.

Combine torn bread, egg and turkey in a medium bowl. Using your hands, gently mix just until combined. (Do not overmix.) Shape mixture into 5 patties. Place patties on prepared tray, and rub with remaining 1 tablespoon oil. Let rest in the refrigerator for about 15 minutes

The Toppings

1 tbsp. fresh lemon juice
8 tomato slices
8 thinly sliced red onion rings
1 cup packed arugula
1 tablespoon fresh dill, chopped
1 tablespoon fresh flat leaf parsley, chopped
1 tablespoon fresh mint, chopped

Combine the three herbs into one small dish. All other toppings need to be prepped and ready when the turkey burgers cooked.

The Bread

6 pita bread, trim off about 3/4 inch around - We went with the pita because it was thin and would hold the sandwich together but not be a lot of bread. You will need to warm the pita to split.

Notes: You can also create the sandwich using English muffins, split and toasted, or a toasted brioche roll.

Cooking the Turkey Burger

You can cook on the grill

Preheat grill to medium-high (about 450°). Sprinkle patties evenly with salt and pepper. Grill just until burgers are cooked through and juices run clear, 3 to 4 minutes per side.

You can cook on the stovetop

Heat a large cast iron skillet on the stove top on high heat. Once a splash of water dances when flicked in the pan, drizzle a small amount of olive oil in the skillet and place the patties in the skillet. Sprinkle patties evenly with salt and pepper. Do not touch or check them for 4 minutes. When the burger is caramelized then flip and do not touch for 3 minutes. Check for caramelization. Both sides should be caramelized and cooked through with juices running clear, 3 to 4 minutes per side.

Assemble the Turkey Burger

Spread 1 tablespoon of the cucumber-yogurt mixture on each cut side of English muffins. Top each bottom half with 1 patty. Top patties with lemon juice, tomato slices, red onion, arugula, mixed herbs. Cover with top halves the pita. Reserve remaining cucumber-yogurt mixture to serve on the side or for another use.

Makes 6 burgers



