

SPICY SALMON BURGERS WITH
CILANTRO PESTO (RECIPE PAGE 40)

THE FLIP SIDE

We asked *Real Food* contributors Bruce Aidells, Robin Asbell, Serena Bass, and Jason Ross to share their favorite burger recipes that offer a flavorful twist on one of summer's favorite foods—all sans beef.

Our roundup, featuring tasty turkey, salmon, pork, lamb, and veggie burgers, will help you spice things up during prime burger season and beyond.

TURKEY BURGER WITH
APPLE, LEMON, AND BASIL
(RECIPE PAGE 42)

PHOTOGRAPHY TERRY BRENNAN
FOOD STYLING LARA MIKLAŠEVICS

ROBIN ASBELL AUTHOR/COOKING INSTRUCTOR



These burgers are reminiscent of the Mediterranean, with the classic combo of chickpeas, sesame, and lemon. This recipe yields a chewy burger that tastes like hummus, with a crispy coating of toasty sesame seeds for crunch. — Robin Asbell

Chickpea Sesame Burgers with Cucumber Yogurt Sauce

MAKES 4 BURGERS

- ½ cup rolled oats
- 1 14.5-ounce can garbanzo beans, rinsed and drained
- ¼ cup tahini
- 1 large egg
- ½ teaspoon salt
- ½ teaspoon fresh lemon zest
- 1 teaspoon cumin
- 1 large scallion, minced
- 2 tablespoons parsley, chopped
- ½ cup brown sesame seeds
- 1 tablespoon oil
- 4 whole-wheat hamburger buns

Cucumber Yogurt Sauce

- ¼ cup cucumber, seeded and chopped
- ½ cup Greek yogurt
- ½ teaspoon salt
- ½ teaspoon dried dill (or 2 teaspoons fresh)
- 1 tomato, sliced

1. Put oats in bowl of a food processor and pulse three times to roughly chop. Add half of beans and pulse to a coarse paste. Add tahini, egg, salt, lemon zest, and cumin, and process to mix well, about 1 minute. Add remaining beans, scallions, and parsley, and pulse to coarsely chop beans.

2. Put sesame seeds in center of a large, flat plate. Using a lightly oiled ⅓-cup measure, divide bean mixture into four portions, tapping out onto sesame seeds. Turn to coat and move to perimeter of plate. Gently press to create ¾-inch-thick burgers. Chill 30 minutes.

3. Meanwhile, make the sauce: In a medium bowl, stir together all ingredients. Will keep up to 3 days covered in refrigerator.

4. Preheat a large skillet or cast-iron pan on high 1 minute, then coat with oil. The pan should be very hot. Place burgers in hot oil. When they start to sizzle, reduce heat to medium. Cook 2 to 3 minutes on one side to brown and form a crust, then carefully flip. Cook another 3 minutes, flipping if necessary, until burgers are firm when pressed. Toast buns if desired. Serve each burger with 2 tablespoons sauce and a slice of tomato.

TIPS FOR ENTERTAINING OUTDOORS

- 1** Always set up your food table in the shade—and consider the movement of the sun!
- 2** Buy see-through, folding mesh food covers to protect against insects.
- 3** Don't dilute fruit juices or sangria with ice cubes in the pitcher; instead pour beverage over ice in individual glasses.
- 4** Keep bug spray, suntan lotion, burn cream, antihistamine cream, and Band-Aids readily available. It's a tough world in the garden!

—Serena Bass



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CHICKPEA SESAME BURGER WITH CUCUMBER YOGURT SAUCE



These burgers are of a delicate consistency and cook best in a nonstick pan with a little vegetable oil. Or, to avoid getting stuck in the kitchen if everyone is hanging out in the garden, just make sure they are firmly packed and lay them gently on a very well greased grill. They are great hot or at room temperature, and are a little bit lip-tingly spicy. Can't take the heat? Cut out the jalapeño and/or the Sriracha. —Serena Bass

Spicy Salmon Burgers with Cilantro Pesto

MAKES 8 BURGERS

Cilantro Pesto

- 2 cups lightly packed cilantro leaves
- 2 tablespoons fresh mint leaves, roughly chopped
- ½ cup toasted macadamia nuts
- 4 ounces goat cheese
- 1½ tablespoons fresh lime juice
- ½ jalapeño, seeded and roughly chopped, or to taste
- 2 medium cloves garlic, chopped
- ¼ to ½ teaspoon salt, depending on saltiness of goat cheese
- ¼ teaspoon freshly ground black pepper

- 1 extra-large egg
- 3 tablespoons mayonnaise
- 2 teaspoons Sriracha chili sauce
- 1 pound center-cut salmon, diced into ¼-inch cubes
- ⅓ cup finely diced red pepper
- ⅓ cup finely diced yellow pepper
- ⅓ cup diced red onions
- 1 tablespoon finely diced jalapeño
- 1 teaspoon lemon zest
- 2 tablespoons fresh lemon juice
- ¼ cup panko breadcrumbs
- 2 tablespoons chopped cilantro
- 1½ teaspoons salt
- 1 teaspoon freshly ground black pepper
- 8 soft hamburger buns

1. For the pesto: Blend together all ingredients to form a rough, creamy paste. Will keep up to 2 days covered in the refrigerator.
2. In a large bowl, whisk together egg, mayonnaise, and Sriracha. Fold in salmon.
3. Add remaining ingredients and mix together. Refrigerate at least 4 hours and up to overnight; this helps bread-crumbs swell to hold together burgers.
4. Using ½ cup of mixture and slightly damp hands, form ¾-inch-thick burgers. (Note that you can vary the burger size to match buns.)
5. Cook over medium heat on a well-greased grill 2 to 3 minutes per side. Or cook in a nonstick pan: Heat 1 teaspoon vegetable oil to medium and cook burgers 3 minutes per side.
6. Serve with a thin layer of pesto spread over warm, grilled bun or dolloped right on top of burger.

Cook's Notes: The easiest way to dice salmon is to ensure fish is very cold and use a sharp knife. Stack two skinned fillets and cut into ¼-inch dice.

This pesto can be used in many ways:

- Add a big spoonful to vinaigrette for a green salad
- Thin the mixture and zig-zag onto cold tomato or cucumber soup
- Toss with cooked, cooled new potatoes
- Serve with grilled fish, chicken, or shrimp
- Great in tomato and mozzarella sandwiches
- And on and on!

Potato Crisps

MAKES 6 SERVINGS

A lot of the work for these delicious crisps can be done ahead of time. If you start the process the day before, bring the par-cooked potato slices back to room temperature (about 2 hours out of the refrigerator) before cooking; otherwise they will cool the oil and take ages to cook. I love these dipped in Seasoned Ketchup (below).

- 4 russet potatoes, unpeeled
- 4 cups peanut or canola oil
- 1 bunch rosemary
- 1 bunch thyme
- kosher salt to taste
- pepper to taste, optional

1. Using a mandolin or sharp knife, cut potatoes into ⅛-inch-thick slices. Soak 30 minutes in a bowl of cold water. Remove from water and pat as dry as possible.
2. Heat oil to 300°F (using a candy thermometer) in a deep pan. The oil should be about 4 inches deep. Cook potatoes a few handfuls at a time until soft but not browned.
3. Using a slotted spoon, remove potatoes to a sheet pan. Reserve oil. When all potatoes are par-cooked, set aside until ready to make crisps (up to 24 hours).
4. Heat pan and reserved oil to 350°F. Add potatoes to slightly crowd pan; this will cause them to curl rather than cook flat. Cook, stirring constantly with a slotted spoon, 4 to 5 minutes.
5. With the second batch, add a couple stalks rosemary and thyme about 1 minute before crisps are done. Herbs should be crisp but not brown. (If you are only making one batch, the herbs can be added at the end of that process.)
6. Using a slotted spoon, remove to paper towels, dust with salt and optional pepper, and serve in a parchment paper lined bowl with the herbs set on top of the potato crisps.

Seasoned Ketchup

MAKES 3 CUPS

This is a complex and grown-up ketchup, addictive to people who like to push the boundaries of taste. Probably not the best thing for kids or tail-gating traditionalists but I think you'll love it. It's also amazing in sandwiches with smoked turkey or with cheddar cheese and crunchy lettuce.

- 2 cups tomato ketchup
- ⅔ cup sun-dried tomatoes in oil, drained and chopped
- 2 tablespoons chopped sage
- 2 tablespoons crushed garlic
- 2 tablespoons Columela sherry vinegar
- 1 teaspoon freshly ground black pepper

1. Using a food processor, blend together all ingredients 2 minutes. Will keep up to 3 weeks covered in refrigerator.



SERENA BASS CONTINUED

The wonderful thing about this turkey burger is that it is just as delicious as a side at brunch coupled with scrambled eggs and bacon. Or chop up any leftovers and mix into a fresh tomato sauce served over spaghetti. Never has a turkey worked so hard! —Serena Bass

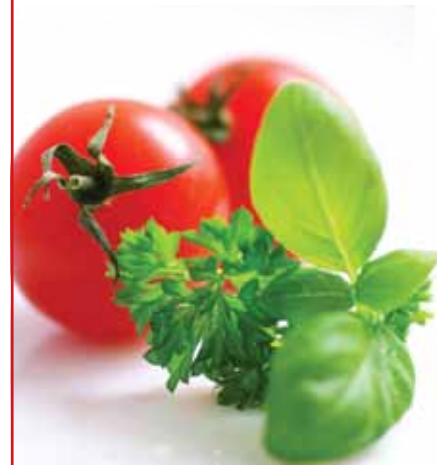
Turkey Burgers with Apple, Lemon, and Basil

MAKES 8 BURGERS

- 2 tablespoons olive oil
- ½ cup packed shallots, diced
- ¾ cup Gala or Golden Delicious apples, diced
- 1½ teaspoons salt
- 1 pound ground turkey
- 2 extra-large eggs
- 2 tablespoons fresh basil, minced
- 2 teaspoons finely minced lemon zest
- ¾ teaspoon freshly ground black pepper
- ½ cup packed fresh breadcrumbs or panko
- ¼ cup half-and-half
- 8 soft hamburger buns

1. Heat oil in a medium pan over medium heat. Add shallots, apples, and ½ teaspoon salt. Sauté 8 minutes, until translucent. Set aside to cool.
2. Put turkey, eggs, basil, lemon zest, remaining salt, and pepper in a bowl. Add shallot mixture, breadcrumbs, and half-and-half, and gently but thoroughly mix together.
3. Set aside at least 1 hour, preferably overnight.
4. Divide into 8 equal burgers. Cook over medium heat on a well-greased grill 2 minutes per side. Remove from heat and let rest 5 minutes before serving.

Serving suggestion: Serve with a thin slice of tomato, some torn fresh basil leaves, and mayonnaise in a soft hamburger bun.



CREATING HEALTHY, FLAVORFUL FOODS

1 Fresh herbs added at the last minute are the key to great flavor. As much as we just want to get the cooking over with, food will taste exponentially better if fresh herbs are added just before serving.

2 Chefs talk a lot about “finishing” a dish. This means giving dishes a final grind of black pepper, squeeze of lemon juice, or dusting of crunchy sea salt just before serving. Use Maldon salt for its delicate flakes.

3 White balsamic vinegar is a new favorite of mine. It has a mature and complex flavor that isn't too sharp. Toss new potatoes (which have been simmered in salted water until cooked through) with it (rather than mayonnaise), add a handful of chopped scallions, and you've got a delicious side dish!

4 Instead of using an oil-heavy vinaigrette, I like to roast plum-tomato halves (cut sides up) with a splash of olive oil, salt, and pepper at 300°F for 1 hour. Toss the room-temperature tomatoes with lettuces to create a juicy, tomato-based dressing.

5 And don't forget: You can always skip the bun and serve burgers on a pile of leafy greens.

—Serena Bass



JASON ROSS CULINARY INSTRUCTOR

I love lamb—the flavor, the fat, and more than anything the feeling, the idea of lamb. Eating lamb somehow feels special and exotic, like an ancient rite from a Mediterranean shore. Likewise, a lamb burger makes for a special burger, one best cooked on an open grill with hints of faraway flavors. This one features Manchego cheese and piquillo peppers. —Jason Ross

Lamb Burger with Piquillo Peppers and Manchego

MAKES 6 BURGERS

Parsley-Black Pepper Aioli

- 1 tablespoon minced parsley
- 1 teaspoon minced garlic
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon cold water
- ½ cup mayonnaise

- 2¼ pounds ground lamb
- 6 canned piquillo or roasted peppers
- 6 potato buns
- olive oil
- salt to taste
- pepper to taste
- ½ pound young Manchego cheese, sliced thin
- 1 small red onion, sliced thin

1. For the aioli: In a small bowl, combine all ingredients except mayonnaise. Add mayonnaise to mixture, stirring until fully combined. Will keep up to 1 week covered in refrigerator but is best served same day as color will fade and eventually turn brown.
2. Heat and prepare grill. Form lamb into 6 burgers slightly wider than buns. Don't overwork or compress to ensure a tender, meaty texture.
3. Split open peppers so they lay flat in a single layer on buns. Brush buns with oil.
4. Season burgers with salt and pepper. Cook to desired temperature (I prefer lamb burgers cooked to medium, with any fats warmed and melted). Toast buns on grill.
5. To assemble, spread aioli on inside faces of bun. Place peppers on bottom bun, followed by burger, onion, cheese, and top of bun. Serve.



BRUCE AIDELLS COOKBOOK AUTHOR



I like this burger because it captures the delights of Spanish cooking, in particular the flavors of chorizo, which is often used in dishes such as paella, stews, or soups. Because it can be difficult to find real Spanish chorizo in this country, I have added some of the chorizo ingredients—pimentón de la Vera (Spanish smoky paprika), garlic, piquillo peppers (intense Spanish pimientos), and cinnamon—to fresh ground pork to yield a delicious profile. (Adapted from *The Great Meat Cookbook* by Bruce Aidells with Anne-Marie Ramo) —Bruce Aidells

Spanish-Style Pork Burgers with Saffron-Pimiento Mayonnaise

MAKES 4 BURGERS

Saffron-Pimiento Mayonnaise

- 2 tablespoons diced piquillo pepper or pimiento
- ½ cup mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- pinch Spanish saffron

- 1½ pounds 80% lean ground pork
- ¼ cup finely diced piquillo pepper or pimiento
- 1½ tablespoons pimentón de la Vera or mild Hungarian paprika
- pinch cinnamon
- ½ teaspoon sugar
- 2 teaspoons minced garlic
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 cup shredded Manchego cheese
- 4 large French rolls, split and toasted
- 1 heirloom tomato, sliced thinly
- 8 small hearts of romaine lettuce leaves

1. For the mayonnaise: Stir together all ingredients until well-blended. Will keep up to 1 week covered in refrigerator.

2. Drop ground pork into a mixing bowl. Add piquillos, paprika, cinnamon, sugar, garlic, salt, and pepper. Using your hands, gently blend until just mixed (don't overmix). Form into 4 1-inch-thick burgers roughly the size of the rolls. Set aside. (You can make these ahead and refrigerate up to 4 hours.)

3. To cook, grill over medium hot coals 4 minutes. Flip and grill 3 minutes. Cover burgers with cheese, cover grill, and cook 1 minute more, until cheese begins to melt. Remove from grill.

4. Slather inside faces of rolls with mayonnaise. Place burger on bottom half of bun, then top with tomato and lettuce. Cover with top half of bun and serve. ■

If you can't find a young Manchego cheese, which is milder, use Asiago.

SPANISH-STYLE PORK BURGER WITH SAFFRON-PIMIENTO MAYONNAISE



CHICKPEA SESAME BURGERS W. YOGURT SAUCE:
PER SERVING: CALORIES 552 (247 from fat); FAT 29g (sat. 5g); CHOL 49mg; SODIUM 1000mg; CARB 53g; FIBER 13g; PROTEIN 25g

SPICY SALMON BURGERS W. CILANTRO PESTO:
PER SERVING: CALORIES 371 (175 from fat); FAT 20g (sat. 5g); CHOL 67mg; SODIUM 872mg; CARB 26g; FIBER 3g; PROTEIN 22g

TURKEY BURGERS W. APPLE, LEMON, & BASIL:
PER SERVING: CALORIES 190 (98 from fat); FAT 11g (sat. 3g); CHOL 98mg; SODIUM 551mg; CARB 9g; FIBER 1g; PROTEIN 14g

POTATO CRISPS W. SEASONED KETCHUP (1TBSP):
PER SERVING: CALORIES 195 (83 from fat); FAT 9g (sat. 2g); CHOL 0mg; SODIUM 124mg; CARB 27g; FIBER 3g; PROTEIN 2g

LAMB BURGER W. PIQUILLO PEPPERS & MANCHEGO:
PER SERVING: CALORIES 723 (450 from fat); FAT 51g (sat. 19g); CHOL 158mg; SODIUM 1262mg; CARB 25g; FIBER 2g; PROTEIN 41g

SPANISH-STYLE PORK BURGERS W. MAYONNAISE:
PER SERVING: CALORIES 864 (476 from fat); FAT 54g (sat. 17g); CHOL 152mg; SODIUM 1578mg; CARB 45g; FIBER 4g; PROTEIN 51g