

SALMON BURGER



By Annie Falk

There is something so satisfying about a burger. The combination of a juicy patty, crisp lettuce, and a plump tomato held in place by a buttery bun or wrapped in leaves of lettuce – it’s hard to top it. That’s why chefs come up with so many variations to this “total package” meal. This week, we present to you Annie Falk’s salmon burger. Packed with flavor, this recipe pairs nicely with some sweet potato fries and your favorite dipping sauce. Find the recipe on www.anniefalk.com.

INGREDIENTS

- 1 1/2 pounds skinless, boneless salmon
- 2 teaspoons Dijon mustard
- 2 shallots, peeled and cut into 1-inch chunks
- 1/2 cup panko breadcrumbs
- 1 tablespoon chopped green olives, drained
- 1/4 teaspoon fresh thyme, leaves only
- Salt and freshly ground black pepper
- 1 tablespoon butter
- 1 tablespoon olive oil

INSTRUCTIONS

Chop the salmon into large chunks, roughly 2-3-inch cubes, and place about a quarter of the salmon into the food processor along with the mustard. Pulse until the mixture becomes pasty.

Toss in the shallots and the balance of the salmon. Pulse until the fish is chopped and combined with the puree. No piece of salmon should be larger than a quarter of an inch, however, take care to avoid a mixture that is too fine.

Scrape the mixture into a bowl, and fold in the Panko breadcrumbs, olives, thyme and some salt and pepper. Shape into four burger patties.

Place the butter and oil in a 12-inch non-stick skillet and turn the heat to medium-high. When the butter foam subsides or the oil is hot, cook the burgers for 2 to 3 minutes each side, turning once. Alternatively, you can grill them: let them firm up on the first side, grilling for about 4 minutes, before turning over and finishing for just another minute or two. To check for doneness, make a small cut and peek inside. Be careful not to overcook.

Yields 4 burger patties.

