

Burgers aren't just for beef!

August 3, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



Want a kick to your burger without using beef? Try my salmon burger for a fun twist to the traditional burgers. These are so tasty and great to personalize with your own flavor combinations and toppings! Perfect for indoor and outdoor grilling, you'll be the hit at the dinner table any night of the week with these delicious bites! Let's get cooking...

Serves: 3- 4 Total time: 25 minutes

- 1 ½ lbs of boneless, skinless fresh salmon
- 1 large egg, lightly beaten
- 1/2 cup bread crumbs plain or seasoned
- 1 clove garlic, minced
- 1 lemon zested and juiced
- 1 tbsp. freshly chopped dill – parsley, basil, cilantro work well too
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 1/2 tsp. red pepper flakes
- Salt and pepper to taste
- 1 tbsp. extra-virgin olive oil

- Hamburger buns, for serving
- Mayonnaise, for serving
- Romaine, for garnish – optional, any leafy green works
- Tomato, for garnish – optional
- Red onion, for garnish – optional

Cut the salmon into large chunks, and put about a quarter of it into the container of a food processor, along with the mustard. Turn the machine on, and let it run — stopping to scrape down the sides if necessary until the mixture becomes pasty. Add the remaining salmon, and pulse the machine on and off until the fish is chopped and well combined with the puree. No piece should be larger than a 1/4 inch or so; be careful not to make the mixture too fine. Leave some body to the mixture. (If you can not find fresh salmon, canned works really well too. Open strain and rinse salmon in colander, strain really well again and add to processor.) In a large bowl, combine salmon with egg, bread crumbs, garlic, lemon zest and juice, dill, dijon, Worcestershire and red pepper flakes. Season with salt and pepper and stir until fully combined, then form into 3 to 4 patties. You can fire up your indoor or outdoor grill, just make sure to brush a little oil on either to prevent sticking. You can also cook these on a hot skillet too!

Place burger on hot grill and cook for 4-5 minutes per side. Make sure to have your buns and garnishes ready. What I love to do is slice a few avocados mix it with my mayonnaise and a touch of hot sauce – sriracha is my preference. Mix and use as a spread. It is delicious. If eating buns isn't your thing, don't worry these are so tasty you won't miss the bun! Serve nice and hot. Enjoy!