



Burgers All Ways

Make Backyard Eating Delicious

A Panoply of Patties from American-Style Beef to Asian-Inspired Fish

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Spring came early this year. By late February instead of the usual layer of snow, tiny green buds were clinging to bare branches. By March, the thermostat was turned down. In April the windows were flung open wide to the fresh air. And May should see us living outdoors enjoying the warm and summer-like climate, before the steamy showers of June and July find us seeking refuge in the comfortable climate controlled indoors again.

Outdoor living means outdoor eating, which means backyard barbecues. Which in turn, makes May Burger Month. Burgers are easy, kid-friendly, affordable, and most of all, delicious, especially when served hot off the grill. They are also versatile, and can be made in a variety of flavors and with a variety of proteins, which make burgers the official food of May's backyard barbecue.

Of course, there's the classic All-American Beef Burger that tastes great slathered with ketchup and mayo (or whatever your burger condiment of choice is). But for those who want to try a more exotically spiced burger or want to offer a second lighter non-beef option, there is the Za'atar Turkey Burger or Hoisin-Soy Tuna Burgers.

Smear some hummus on the Za'atar Turkey Burgers for some earthy creaminess, and place in pita's with an Israeli-style salad on the side made from chopped summer veggies like tomatoes, cucumbers, red and yellow peppers, sprinkle in a few fingerfuls of fresh parsley or mint, a drizzle of olive oil and a squeeze of fresh lemon juice. If you like, for pungency, add 2 or 3 tablespoons diced red onions.

The Hoisin-Soy Tuna Burgers would be great on a crunchy mound of Hoisin-Sesame Cole Slaw. There is plenty of flavor and texture in this burger 'n salad meal that the bun is not even missed, a bonus for the carb-conscious. End this fresh and delicious summer meal with a cool Fresh Berry Mint Terrine. It goes down cool, sweet, and is absolutely refreshing. Perfect for when summer turns sticky.

Burgers are the go-to dish of summer. Their versatility makes it perfect for any summer meal, whether it is an easy and filling after-camp weeknight dinner. Or when different varieties are prepared for a Backyard Barbecue Party with friends and family. Try different flavors and forms for your burgers all summer long. Beans, Tofu, Ground Lamb, Chicken... the burger possibilities can extend through to an Indian Summer, which might very well start in August.

All-American Beef Burger

2 lbs. ground beef
1 tablespoon Worcestershire sauce
1 tablespoon onion powder
½ teaspoon of salt and pepper, or to taste.

In a large bowl mix together beef, Worcestershire sauce, onion powder salt and pepper with hands. Shape meat mixture into desired sized patties.

Place on prepared grill and allow to cook on each side for 5-7 minutes.

Makes 10-12 burgers

Za'atar Turkey Burgers

2 lbs. ground turkey
½ cup finely chopped onion
¼ cup za'atar spice blend
2 tablespoon lemon juice
1 tablespoon olive oil
2 to 4 tablespoons finely chopped parsley
½ teaspoon each salt and pepper, or to taste

Combine all ingredients in a large bowl. Form turkey into desired sized patties. Place on prepared grill and cook for 4-5 minutes (depending on size of patty) on each side.

Makes 10-12 turkey burgers

Hoisin-Soy Vinaigrette

1 small cabbage, sliced thin (or one bag of coleslaw mix)
1 bunch of scallions, white and light green parts sliced thin
1 tablespoon sesame seeds, toasted
¼ cup slivered almonds, toasted
2 tablespoon hoisin sauce
1 tablespoon lite soy sauce
1 teaspoon toasted sesame seed oil
2 tablespoon rice wine vinegar
2 tablespoon grapeseed oil (or other light tasting oil)

Toss together the thinly sliced cabbage, chopped scallions, toasted sesame seeds and toasted almond, in a large bowl.

In jar mix together the hoisin sauce, soy sauce, toasted sesame seed oil. Slowly add grapeseed oil. Cover and shake vigorously for 30 seconds. Pour vinaigrette over cabbage, and let sit for 10-15 minutes before serving.

To toast sesame seeds or almonds: place sesame seeds (or almonds) in large skillet over medium heat, stirring often for 2 (sesame seeds) to 4 minutes (almonds) or until golden brown.

Hoisin Spice Tuna Burgers

1½ lbs. fresh tuna steaks, minced
½ cup Panko or fresh bread crumbs
1 egg, lightly beaten
2 tablespoons hoisin sauce
1 teaspoon grated fresh ginger
1 tablespoon soy sauce
1 teaspoon sesame oil
salt and pepper, to taste

In a large bowl combine well all ingredients. Cover and place in fridge for 45 minutes to 1 hour.

When ready, shape into patties of desired size or shape. Place on prepared grill, allow to cook undisturbed on each side for 3-4 minutes (less if you like your fish rarer 1-2 minutes on each side)

Makes 8-10 tuna burgers

Berry-Mint Summer Terrine

2-¼ oz. unflavored gelatin envelopes (Kolatin works well)
¼ cup water
1¼ cup lemonade
¾ 3/4 cup sugar
4 cup hulled and quartered strawberries, raspberries, blackberries, and/or blueberries
1 tablespoon finely chopped mint

In a small bowl sprinkle contents of both gelatin packets over ¼ cup of juice. Let sit until the gelatin dissolves.

Meanwhile, over medium heat stir sugar in ¼ cup water until sugar is dissolved. Remove from heat and then mix in the gelatin layer until dissolved. Stir in rest of the juice (1 cup) into gelatin mixture.

Place the berries in a 4x8 Pyrex loaf pan disperse chopped mint until well distributed among the berries. Pour the gelatin-juice mix over the fruit making sure the fruit and mint are submerged in the liquid with. Refrigerate for at least 5 hours.

Makes about 8 servings

To unmold: dip bottom of the loaf pan in hot water for a minute or two.

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