

MEDITERRANEAN TURKEY AND ZUCCHINI BURGERS

SERVES 4-6 (MAKES ABOUT 18 1½ ounce burgers or 12 2½ ounce burgers)

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1 pound ground turkey (I like dark meat)
1 large zucchini, coarsely grated (scant 2 cups)
3 green onions, white and green parts, thinly sliced
1 large egg
2 Tablespoons chopped mint
2 Tablespoons chopped cilantro
2 cloves garlic, grated or minced
1 teaspoon ground cumin
1 teaspoon sea salt
½ teaspoon freshly ground black pepper
¼ teaspoon cayenne pepper (perfect for us, but the original recipe called for ½ teaspoon; you can use even less if you don't want them spicy)
unrefined olive oil, coconut oil or ghee for searing

For the Sour Cream & Sumac Sauce:

Scant 1/3 cup / 75 grams full-fat Greek yogurt
Scant ¼ cup sour cream / 50 grams (or use all Greek yogurt)
½ teaspoon grated lemon zest
½ Tablespoon freshly squeezed lemon juice
½ small clove garlic, grated or minced
2 ¼ teaspoons unrefined, cold pressed, extra virgin olive oil
1 ½ teaspoons sumac
¼ teaspoon sea salt
a few grinds of freshly ground black pepper

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1. Make the sour cream and sumac sauce by placing all the ingredients in a small bowl. Stir well and set aside or chill until needed.
2. In a large bowl, combine all the ingredients for the patties except the olive oil. Mix gently with your hands and then shape into about 18 burgers, each weighing about 1 ½ ounces or 12 burgers, each weighing about 2 ½ ounces.
3. Pour enough oil into a large frying pan to form a layer about 1/16 inch thick on the pan bottom. Heat over medium heat until hot, then sear the patties in batches on both sides. Cook each batch for about 5-7 minutes on each side, adding oil as needed, until golden brown and cooked through.
4. Serve warm or at room temperature, with the sauce spooned over or on the side.