

Sicilian Turkey Burger
By Marge Perry
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Yield: makes 4 servings

INGREDIENTS

1-pound lean ground turkey
3 tablespoons tomato paste
3 tablespoons currants
2 tablespoons capers
1/2 teaspoon dried basil
1/2 teaspoon crushed fennel seeds
1/2 teaspoon salt
Vegetable oil cooking spray
1/2 cup grated Parmesan
4 ciabatta rolls, split
4 teaspoons balsamic vinegar
Sliced tomato (optional)

PREPARATION

In a bowl, mix turkey, tomato paste, currants, capers, basil, fennel seeds and salt. Form turkey mixture into four 3/4-inch-thick patties. Coat a grill rack or grill pan with cooking spray. Grill patties over medium-high heat until underside is well browned, about 7 minutes; flip and cook 5 minutes more. Top each patty with 2 tablespoons Parmesan; close lid or cover pan. Cook until internal temperature reaches 165°F, about 2 minutes. Brush bottom of each roll with 1 teaspoon vinegar; top with 1 burger, tomato, if desired, and other half of roll.