



The Perfect Turkey Burger

Chef Andrew Hunter

Yield: 12-6 oz. burgers, 18-4 oz. burgers or 36-2 oz. sliders

Roasted Mushrooms	
Button mushrooms	12-14 oz.
Vegetable oil	2 oz.
Sea salt	2 tsp.
Black pepper, coarsely ground	1 tsp.
Turkey Patties	
Foster Farms Ground Turkey 93-7% lean	4 lbs.
Roasted mushrooms	8 oz.
Pickle Juice	
Rice vinegar	16 oz.
All purpose sugar	18 oz.
Soy sauce	2 Tbs.
Pickles	
Carrots, sliced paper thing	16 oz.
Cucumbers, sliced paper thin	16 oz.
Onions, sliced paper thin	8 oz.
Garnish	
Hamburger buns, sesame Kaiser, pretzel or your choice	As needed
Mayonnaise	As needed
Pickles	As needed
Butter lettuce leaves	As needed
Soy sauce, less sodium	As needed
Fresh cilantro sprigs	As needed

Headnote

This Vietnamese Banh Mi inspired turkey burger blends roasted mushrooms with ground turkey for a juicier, tastier and more nutritious turkey burger.

Roasted Mushrooms

Place mushrooms on baking sheet. Drizzle with oil, salt and pepper and then mix. Roast in a preheated 375° oven for 15 to 20 minutes until mushrooms are golden brown. Remove and let mushrooms cool. Place mushrooms and liquid in food processor and pulse chop mushrooms to a medium fine consistency.

Turkey Burgers

Mix by hand Foster Farms ground turkey and roasted mushrooms in large mixing bowl until mushrooms are completely integrated into turkey. Do not over mix. Form turkey patties of desired weight. It's important to weigh patties to maintain a consistent weight and dimension so they cook evenly.

Pickles

Combine the vinegar, sugar and soy sauce in stainless steel saucepan. Heat on medium hot burner and whisk occasionally until sugar is dissolved and the vinegar is clear. Allow vinegar liquid to cool. Add sliced carrots, cucumbers and onions. Transfer to a plastic container with a snap on lid and refrigerate. Note: These pickles will last for several days, so

make ahead or make in bulk.

To Order

Season turkey patties evenly on both sides with salt and pepper. Grill on a flat top grill, non-stick or cast iron pan over medium high heat for 3 to 5 minutes on each side. Press down gently to make the broadest contact between the patty and the grill or pan. Turn patty once the color on the first side is a rich golden brown. Don't press down on patty with spatula while cooking to avoid squeezing precious juices from the patty. Cook until reaching an internal temperature of 160°. Carry-over cooking will raise the internal temperature to 165° within 2 to 3 minutes.

Butter inside of buns and grill until toasted. Spread mayonnaise on inside top and bottom of buns. Place grilled turkey patty on the bottom of bun and artfully arrange the butter lettuce leaves, pickles and fresh cilantro on top of patty. Drizzle with a teaspoon of less sodium soy sauce. Arrange the top or crown of the bun offset to one side to display your artistry. Season the turkey patties evenly across the patty just before cooking. Place patty onto a very hot surface.