



Herby and Spicy Chicken Burger System

Experiment with ground meat options like chicken or turkey and fresh garlic, herbs, and roasted ground spices for burgers. Serve these crowd pleasing, juicy burgers on bakery buns or pita bread, paired with dips like hummus, tzatziki and grilled vegetables. Check out the bonus recipe for garlic infused tzatziki on page 2!

tree house tips

- **Tree House tips are systems for success.**
See cheat sheet on the right of page 2 for a one paragraph explanation of this recipe.
- First, food safety: Please see the [Government of Canada Healthy Canadians website](#) for more information about general food safety and safe internal temperatures when grilling.
- Have any questions after reading this? [Ask a Chef!](#)
- Free yourself to have fun experimenting with different spicy, herby and garlicky flavourings to make a dull burger delicious!
- Dry roast your spices! It is one minute of effort for fragrant, delicious results. Place a small plate beside your stovetop. Add your cumin and coriander seeds to a small heavy bottomed pot. Keep the pot dry - do not add any oil. Place pot over medium to medium-high heat. Toast your spices while shaking the pot like you are making popcorn for about 1 minute or less until fragrance begins to waft off the spices and 40% of them have toasted a light brown colour. Remove from heat immediately and cool them on the plate. Grind in a coffee grinder or mortar and pestle or with the bottom of a heavy pot and add to the burgers or any spice-blend recipe! Alternately spices can be purchased pre-ground in most stores but select a store with a high turnover of product to guarantee flavour and freshness.

mixing burgers

- Pre-taste a little of your optional hot smoky ingredients as different brands have more or less strength of flavour. To test the flavour and seasoning of a raw burger you can microwave or pan fry a small piece of the mixture until cooked through and taste for any adjustments.
- Mix all preferred recipe ingredients together well in a bowl.
- Experiment with your preferred size. Shape into evenly sized burgers to suit the size of your favoured bun - **you can make 4-8 burgers depending on your preferred size.** As a rule of thumb each 1 pound or 1/2 kg of meat can make 3 or 4 burgers: ¼ pounder is 4 burgers or 1/3 pounder is a 3 burger yield/pound. **Refrigerate for 30 minutes or overnight to firm up. These poultry burgers can be a little gooey.**

cooking burgers

- There are many ways to cook a burger either by barbecuing, roasting in the oven, cooking in a frypan or cooking on a griddle.
- These burgers can be baked in a preheated oven on a cookie sheet at moderately hot **375°F-400°F (190°C-200°C)**. They can be gooey on the BBQ so make sure to preheat the BBQ (**approximately 400°F or 200°C**) and do not over-handle the burgers while

Serves: 4-8

Yields: 4-8 burgers - size dependant on your choices

Equipment: bowl, BBQ or oven or griddle, heat proof large cooking spatula for flipping, baking sheet, knife, cutting board

Optional equipment: small pot, small plate, coffee grinder or mortar and pestle

burger ingredients

- 2 pounds (1 kg) ground chicken or turkey
- 1 tablespoon fresh chopped garlic (or more to taste)
- 1/4 cup fresh chopped mint (or more to taste)
- 1/4 cup fresh chopped parsley (or more to taste)
- 2 teaspoons sweet (not hot) paprika
- 2 teaspoons fresh ground cumin (from seeds)
- 1 teaspoon fresh ground coriander (from whole seeds)
- 1/2 teaspoon salt or to taste
- optional 1/4 teaspoon hot paprika or smoked hot paprika (or more to taste)
- 4 - 8 burger buns (sized to your burger's expected size)
- assorted burger toppings (and see ingredients for tzatziki dip on the right of page 2 and see [variations to try](#) page 2)

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cooking...or bbq on a high heat-proof cookie sheet.


- Always lay burgers in one even layer on the cooking surface without touching each other.
- Sear-Cook the burgers until you have made a nice light golden crust (not a dark, hard, crust) on one side and the burger removes easily from the cooking surface without sticking (approximately 5-10 minutes depending on your heat source and size of burger, etc). If it is sticking, leave it to cook more before flipping it and eventually it will detach itself. Then, flip burger over to sear the other side until golden brown and not sticking (few minutes).
- You can choose to turn the heat down now to finish the cooking process. This requires you to “play it by ear” and make judgements based on the look and feel and smell of the burger and a reading of its internal temperature. You are aiming to cook the inside until perfectly done. That means as a general rule you want the burger to be cooked, yet juicy, with clear juices flowing out of the burger meat not reddish juices (as we are using red paprika in this recipe your juices might be a bit red) but not overcooked and dry. Follow safe internal temperature guidelines but trust your eyes, ears and sense of smell too. It is always a good idea to have one burger as a tester that you can slice into to check. Total cooking time could range from 10 minutes to 30 minutes depending on your heat source, the heat of the day, the size of the burgers, how long you preheated your bbq, etc. Remember - done is done, not overdone!!!


variations to try

- Substitute with your favourite herbs and spices to make your signature “house” burger - fresh garden basil or chopped rosemary and thyme are great variations.
- This burger recipe could apply to making your own **meatballs**. Roll small meatball shapes by hand instead of forming patties or form them with spoons from the raw burger mixture. Bake or pan fry them until cooked through (open up a tester meatball to be sure).
- Try making burgers with **ground fish** like tuna/ salmon or mild white-fleshed fish.

- See Tree House Kitchen's *Build Your Own Burger System* recipe for many many more variations to try!

 Free yourself to experiment with your favourite seasonings and flavourings like fresh herbs and spices to create your own signature “house” burger recipe.

 Connect with your butcher and local farmers to source sustainable farm practice poultry. It is good to know where your meat comes from!

 Boring? No way! Leaner burger options like chicken or turkey are a truly decadent treat when you source quality meat and season them well. Serve your burgers piled with veggie slaws or grilled/ raw veggies for extra nutrients and deliciousness

Nancy teaches cooking

systems that help families

and all food lovers to bravely

 explore cuisine,  in culinary life skills,  nourish mind and body and  connect with your inner chef, family, friends and community.

cheat sheet

Chop herbs. Toast and grind your own spices if you get the chance. Taste your hot and smoked ingredients before adding to avoid spicy mistakes. Mix all ingredients and form patties. Cook in a pre-heated oven at 375°F-400°F (190°C-200°C) or on a BBQ pre-heated to 400°F (200°C) until burgers are cooked through. Read recipe for all cooking tips and secrets. Double or triple this recipe to simplify future dinner prep. Due to raw burger gooeyness, these freeze well placed in a single layer.

chef secrets

hot, hot heat • Always taste your hot or smoked ingredients before adding them to the mix. If they are overly spicy or smokey, adjust your recipe accordingly!

fresh, local garlic • There is no substitute for the quality of flavour, lasting effects and health benefits of fresh local garlic in recipes.

quick tzatziki dip • Tzatziki is a light accompaniment to grilled meats, a refreshing dip and a delicious burger sauce. Mix the following ingredients to your taste (and try adding your favourite chopped herbs like basil or thyme or mint). This will keep for days refrigerated.

1-2 cups plain yoghurt or Greek yoghurt or sour cream or a combination

1-2 cloves fresh garlic or to taste

1 tablespoon lemon juice and zest - from 1 lemon (organic is nice) or to taste

1/4 of a medium-sized cucumber - grated or finely diced
salt, to taste