savory living
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Technique and Ideas – Protein Burgers

Looking for a fast way to add protein to your meals? Burger it up baby. The technique is easy, and they cook in just 10 minutes. Pack them with nutrient-rich ingredients and use global flavoring principles to create delicious and fun combinations.

Step 1 – Assemble: Protein + Binders + Vegetables and Flavorings

Protein

4 Servings = 2 cups (16 oz)

Plant sources
- Beans (cooked)
- Lentils (cooked)
- Quinoa (cooked)
- Seeds/nuts

Animal sources
- Seafood (ground or finely diced)
  - shrimp, fish, crab, scallop
- Meats (ground)
  - turkey, chicken, beef, lamb, pork

Binders

(choose 2 – from different boxes)

Egg
(1 whole or 2 egg whites)

½ cup
- Breadcrumbs
- 2 slices bread, crusts removed and torn into pieces
- Rice (cooked)
- Quinoa (cooked)
- Quinoa flakes
- Cornmeal

1-2 tsp
- Starch (corn, arrow root)

Vegetables and Flavor Enhancers

4 Servings = 1/2 cup

Sautéed aromatics
- Onions, garlic, leeks, shallots, scallions
- Carrots, celery

Vegetables (raw or cooked)
- Greens, mushrooms, zucchini, peppers, corn eggplant, fennel, etc.

Texture and flavor
- Nuts and seeds (ground or pastes)
- Mustard, tomato paste, soy sauce
- Pesto, spreads, cheeses
- See next page for global flavoring combinations

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Step 2 – Make burgers and chill for 30 minutes

Especially if you're using raw animal proteins (meat or eggs), you can't taste the final mixture before you cook it. To check the flavor – take a small amount and cook it in the sauté pan, taste, and adjust seasonings. Wet your hands and form the mixture into burgers. Place in the refrigerator and chill for 30 minutes. This is CRITICAL – it helps them hold together.

Step 3 – Cook

- Heat 1 tsp oil in a non-stick skillet over medium-high heat. Avoid adding too much oil, especially if you're cooking bean, lentil or veggie based burgers – they will fall apart.
- Cook patties until golden brown and flip, 4-5 minutes per side. If cookie bean and lentil burgers I cool them on a grid and let them set before eating.
- If cooking meat, use a thermometer to confirm doneness:
    - Ground turkey and chicken: 165° F
    - Ground meat (beef, lamb, pork): 160° F
    - Seafood: opaque and cooked through

GLOBAL FLAVORING COMBINATIONS

Refer to your "Savory Living Flavor Guide – Global Cuisines" and "Savory Living Flavor Guide – Vegetables" for ideas. See below for some classic combinations. If you want to try something but are afraid it might not work – test it first. Place a small amount of the mixture in a bowl and add the flavoring and try it. If you like it add it to the entire mixture, if not, no problem.

Greek	• Protein (2 cups): choose one: shrimp, white beans, ground turkey, ground lamb • Binders: 1 egg + ½ cup breadcrumbs • Vegetables: 1/2 small onion (chopped), baby spinach (2 cups, chopped) • Flavoring: feta cheese (1/4 cup, crumpled), oregano (1 tsp), dill (1 tsp), black pepper (1/2 tsp), salt (1/4 tsp), fresh lemon juice (2 Tbsp)
Mexican	• Protein (2 cups): choose one: shrimp, black beans, ground turkey • Binders: 1 egg + ½ cup breadcrumbs • Vegetables: sauté the following: diced garlic clove + onion or scallion (finely diced) + zucchini (1/2 cup, diced) + corn (1/2 cup) • Flavoring: chili powder (1/2 tsp), ground cumin (1/2 tsp), dried cilantro (1/2 tsp), hot sauce, black pepper (1/2 tsp), salt (1/4 tsp), fresh lemon juice (2 Tbsp)
Italian	• Protein (2 cups): choose one: shrimp, white beans, ground turkey • Binders: 1 egg + ½ cup breadcrumbs • Vegetables: sauté the following: diced garlic clove + roasted red pepper (1 finely diced) + onion (finely diced) • Flavoring: tomato paste (2 Tbsp), black pepper (1/2 tsp), salt (1/4 tsp), fresh lemon juice (2 Tbsp), basil (1 tsp), oregano (1 tsp)
Asian	• Protein (2 cups): choose one: shrimp, ground pork, ground turkey, white beans • Binders: 1 egg + ½ cup breadcrumbs • Vegetables: garlic (3 cloves, diced), fresh ginger (1/2 Tbsp, diced) , baby spinach (2 cups, diced) • Flavoring: Fish sauce (1Tbsp), Soy sauce (1Tbsp), salt (1/4 tsp), Chinese five-spice powder (1/2 Tbsp), sugar (1 Tbsp), lime zest (1/2 a lime)

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