



BUILD A BETTER BURGER GUIDE



THINK TURKEY™

Great Canadian Turkey Burger with Maple Whiskey BBQ Sauce

SERVES: 6-8
PREP TIME: 20 MINS
COOK TIME: 25 - 30 MINS



INGREDIENTS:

For Burgers:

- 2 lbs ground Canadian turkey
- 1 tsp olive oil
- 1 cup onion, diced
- 1 1/2 cups panko breadcrumbs
- 1/3 cup milk
- 2 tsp each: mustard powder, onion powder, garlic powder, sweet paprika
- Salt and pepper to taste
- 2 tbsp Worcestershire sauce
- 2 tbsp tamari sauce (or light soy sauce)
- 3 cloves garlic, crushed
- 4 slices bacon, minced
- 1 egg, beaten
- 6-8 slices Canadian cheddar (optional)
- 6-8 slices Canadian bacon strips, cooked (optional)
- 6-8 hamburger buns

For Maple Whiskey BBQ Sauce:

- 1/2 cup maple syrup
- 1/2 cup Canadian whiskey
- 1/2 cup ketchup
- 3 tbsp tomato paste
- 1 tsp each: cumin, mustard powder, sweet paprika
- 2 tbsp hot sauce
- 1 tbsp apple cider vinegar
- 1 tbsp Dijon mustard

DIRECTIONS:

For sauce:

1. While burgers are chilling, whisk together all BBQ sauce ingredients in a saucepan.
2. Bring to a low simmer over medium heat. Cook for 20-25 minutes until sauce thickens.
3. Remove from heat and let cool. Sauce can be stored in the refrigerator for up to 1 week.

For burgers:

1. Heat olive oil in a frying pan.
2. Add onions and cook over medium heat until tender and lightly browned, 8-10 minutes. Remove from heat and set aside to cool.
3. While onions are cooking, add panko to a small bowl. Add milk and set aside for 5 minutes until fully absorbed.
4. Season turkey meat with spices, salt and pepper.
5. Add Worcestershire, tamari, garlic, bacon, egg, cooled onions and panko mixture.
6. Gently mix together until ingredients are thoroughly combined. Take care not to over mix.
7. Divide mixture into even portions (6 for larger burgers, 8 for smaller). Roughly shape into a tennis ball. Flatten into a patty shape.
8. Refrigerate for at least 60 minutes up to overnight. This will help patties hold their shape when cooking.
9. Pre-heat your grill. Grill over medium heat until cooked through and no longer pink, 6-8 minutes per side. Baste generously with BBQ sauce in the last 5 minutes of cooking. (Timing may vary according to your BBQ and heat settings. Burgers are cooked when an instant read thermometer reads 165°F).
10. If using, top with cheddar cheese and cooked bacon strips in the last few minutes of grilling. Let burgers rest for 10 minutes before serving on a hamburger bun topped with additional BBQ sauce and all your favourite toppings.

THINK TURKEY™

Green Goodness BBQ'd Turkey Sliders

SERVES: 6-8
PREP TIME: 25 MINS
COOK TIME: 10 MINS



INGREDIENTS:

- 2 lbs ground Canadian Turkey
- 1 cup diced onions
- 3 cloves garlic, minced
- 1 cup Panko breadcrumbs
- 1 tbsp Worcestershire sauce
- 2 tbsp Oyster sauce
- 1 tbsp Tamari (or light soy sauce)
- 2 tbsp water
- Salt and pepper to taste

To serve:

- 8-10 slider style hamburger buns
- Avocado Mayonnaise (combine 1 avocado, finely mashed, with 1/2 cup mayonnaise)

Toppings of choice:

- Hot banana peppers and jalapenos
- Roasted red peppers
- Avocados
- Lettuce
- Tomatoes
- Pickled onions
- Corn relish
- Alfalfa sprouts
- Coleslaw

DIRECTIONS:

1. Sauté onions over medium heat until translucent and lightly browned, 4-6 minutes. Remove from heat and let cool.
2. Season your meat with salt and pepper to taste.
3. Add garlic, Panko, Tamari, Worcestershire sauce, Oyster sauce and water.
4. Add onions, once cooled.
5. Take a generous handful of the mixture, about a half cup and roll gently between your palms to create a rough ball. Flatten to your desired thickness, about one inch and a half, and place on a sheet of wax paper over a large plate or tray. Repeat until you have used up all the meat. You should have 8-12 patties, depending on your size preference.
6. Place your tray of patties in the freezer for 60 minutes to firm up. This will help your sliders keep their shape on the BBQ.
7. Remove from the freezer and BBQ immediately.
8. BBQ over medium-high heat until patties are cooked through and meat is no longer pink, 4-6 minutes per side.
9. To ensure meat is cooked through, test with a meat thermometer. Meat should register 165°F (75°C). Time will vary depending on size of patties, and type of BBQ.

Cheddar Smokey Turkey & Lentil Burgers

SERVES: 4-6
PREP TIME: 35 MINS
COOK TIME: 25 MINS



INGREDIENTS:

- 750 gr (1.5 lb) ground Canadian turkey
- 1 tsp (5 ml) olive oil
- 3 cups (450 ml) onion, thinly sliced
- 3 cloves garlic, crushed
- 1 cup (250 ml) cooked green lentils
- 2 tsp (10 ml) Worcestershire sauce
- 2 tsp (10 ml) oyster sauce (optional)
- 4-6 sandwich breads
- 4 tbsp (60 ml) milk
- 1 egg
- Salt and pepper to taste
- 8 X 1 cm (1/2 inch) pieces of cheddar cheese

DIRECTIONS:

1. Heat olive oil in a frying pan.
2. Add onions and cook over low-medium heat until soft, browned and caramelized, 20 minutes. Remove from heat and set aside to cool.
3. While onions are cooking, break up bread into little pieces. Add milk and set aside to soak through, 5 minutes.
4. Place turkey, lentils, bread mixture, egg, garlic, Worcestershire sauce, oyster sauce and onions in a bowl.
5. Season with salt and pepper.
6. Gently mix together until ingredients are thoroughly combined. Be careful not over mix to keep the burgers moist.
7. Divide mixture into 8 even portions. Roughly shape into a ball. Press cheese into the middle and then mold mixture around it completely covering. Flatten into a patty shape. Place on sheets of wax paper.
8. Refrigerate for at least 30 minutes up to overnight. This will help patties hold their shape when cooking.
9. Pre-heat your oven to 350°C or 177°F.
10. Heat a non-stick pan over medium heat.
11. Add patties and cook over medium heat until browned, 2-4 minutes per side.
12. Transfer to the oven and cook an additional 10-15 minutes until burgers are cooked through and an instant read thermometer reads 165°C or 74°F.

10 PRO TURKEY TIPS TO BUILD A BETTER BURGER

Perfect Patties

1. Start with a tennis ball size scoop of meat, roll gently between two hands and flatten to a 1-inch height. When forming your patties, make an indent with your thumb or the back of a spoon in the middle of your burger to avoid creating a domed shape while they're cooking.

Gentle Touch

2. Use a light touch when mixing your ingredients and making your patties. Overworking the meat will lead to a tough burger.

Clean and Oil

3. Make sure you oil your grill to ensure your burgers don't stick and are easy to turn. Clean your BBQ so it's free of any debris before you grill. This will ensure your burgers don't stick and release smoothly when they're ready.

Chill It

4. Chill your burger mixture for at least 30 - 60 minutes before grilling to let burgers set up and prevent them from falling apart on the grill. This will also allow your seasonings to mingle and really absorb into the meat. Ground turkey loves spices, sauces and big, bold flavours.

Don't Scorch

5. Don't shock your meat by cooking directly on a scorching hot grill. This will toughen up meat fibres. Make sure you pre-heat your grill and cook your patties over medium heat for tender, juicy burgers.

10 PRO TURKEY TIPS TO BUILD A BETTER BURGER

Leave it

- 6.** Only turn your burgers once! Let your burgers cook halfway through, 4 - 6 minutes, before turning and continuing to cook on the other side. Resist the urge to flatten your patties with a spatula. This will squeeze out all the precious juices from your meat that keep your burger moist.

Cook it

- 7.** Use safe grilling practices and always use a thermometer to check meat to make sure it is cooked thoroughly. Burgers should reach a temperature of 165°F before you remove from the heat.

Brush up

- 8.** If you're applying a glaze or cheese to your burger, do it in the last 3 - 4 minutes to avoid any burning or charring.

Take a Break

- 9.** Let your burgers rest for 10 minutes once taken off the grill. This will allow the juices to re-absorb and let the flavours shine.

Don't Forget Your Buns

- 10.** Toast your buns while your burgers are resting. A little crust will ensure your bread doesn't fall apart when you start loading up on toppings.