

SALMON POKE BURGERS

I try to eat salmon at least once a week to make sure I get some Omega-3 fat in my system. It seems to be the only fat that's good for you, so my hope is that it will seek out all the other fats and scare them away.

□I've broiled salmon, poached it, stir-fried it and baked it. But these grilled burgers are my favorite way to prepare it. It's also a great dish for a summer barbecue for those non-red meat eating friends we all have.

□INGREDIENTS (makes 4 burgers)

1 pound of fresh salmon

zest of one lemon

1 tablespoon lemon juice

1 tablespoon garlic, minced

1 tablespoon ginger, minced

$\frac{1}{2}$ cup of panko

2 scallions, sliced thinly

3 tablespoons soy sauce

1 teaspoon sriracha

1 egg

□TO SERVE

4 lightly toasted or grilled brioche buns

Seaweed salad for garnish

Wasabi Aioli for garnish

□PREPARATION

Dice up salmon as finely as possible or gentle pulse in a food processor. Place in bowl with lemon zest, lemon juice, garlic, ginger, panko, scallions, soy sauce, sriracha and egg. Combine all ingredients.

□With a 4" round cookie cutter, press salmon mixture down to form $\frac{3}{4}$ -inch patties. Mixture should make four burgers. Place all on an oiled plate and let rest in refrigerator for one hour.

□Oil grill grates or grill pan. Heat until oil just starts to smoke. Using an oiled spatula, place burgers on grill for four minutes each side.

□To serve, place each burger on lightly toasted or grilled bun.

□Garnish with seaweed salad. I like to use kuki wakame or hijiki—both Japanese seaweed salads that are often found in Asian markets or seafood stores. If you like heat, drizzle on some wasabi aioli.