

Fresh Salmon Burger

When pulsing the salmon in the food processor, do not let it get mushy. Allowing some texture to remain will make a better burger.

2 pounds center-cut salmon,
skinless and boneless
1/2 cup fresh bread crumbs
1 egg, lightly beaten
2 scallions, thinly sliced on the
diagonal
Finely grated zest of 1 lemon

2 tablespoons finely snipped
chives
1 tablespoon minced garlic
1 tablespoon extra-virgin olive oil
1 teaspoon red-wine vinegar
1 or 2 dashes Tabasco sauce
Salt, to taste

Freshly ground black pepper,
to taste
6 toasted sesame seed hamburger
buns
Fresh Pineapple Relish or Golden
Pineapple Relish (see recipes on
page 10), for garnish

1. Coarsely chop the salmon with a knife. Place in a food processor and pulse the machine on and off to achieve a coarse texture. Do not overprocess.
2. Lightly combine the salmon with the remaining ingredients except the buns and garnish. Form into 6 patties (about 3 inches in diameter and 1 inch thick).
3. Preheat coals for grilling. Brush the grill with vegetable oil.
4. Grill the burgers over hot coals for 3 to 4 minutes per side, or until just cooked through. (Turn carefully.) Serve the burgers immediately on buns topped with 1 tablespoon of either Fresh Pineapple Relish or Golden Pineapple Relish.

Serves 6. Per serving (without relish): 400 calories, 34g carbohydrates, 37g protein, 12g fat, 105mg cholesterol.

