



Salmon Burgers

Serves 4

By Tom Douglas

Ingredients

1½ pounds skinless, boneless salmon
2 teaspoons Dijon mustard
2 shallots peeled and minced
½ cup fine bread crumbs
1 teaspoon chopped fresh thyme
1 tablespoon chopped chives
1 teaspoon smoked paprika
Salt and freshly ground black pepper
2 tablespoons butter or olive oil
Lemon wedges
Green Tabasco sauce

Instructions

Cut the salmon into large chunks and put about a quarter of it into the bowl of a food processor, along with the mustard. Turn the machine on and process – stopping to scrape down the sides occasionally until the mixture becomes pasty and puree-like.

Add the shallots and the remaining salmon and pulse the machine on and off until the chunks of fish are chopped and combined with the pureed fish. The chopped pieces of salmon should be about a quarter inch or so, but keep some texture, don't make the mixture too fine.

Scrape the mixture into a bowl, and, using a rubber spatula, stir in the bread crumbs, thyme, chives, paprika, and some salt and pepper. Shape into 4 burgers. (If you like, at this point, you can cover and refrigerate for a few hours before cooking.)

Place the butter or oil in a 12-inch nonstick skillet and turn the heat to medium high. When the butter foam subsides, or when the oil is hot, cook the burgers for 2 to 3 minutes a side, turning once. If you prefer, you can grill the burgers. Put them on the grill and let them firm up on the first side, grilling about 4 minutes, before turning over and finishing for another minute or two. To check for doneness, make a small cut with a paring knife and take a look inside, or check for an internal temperature of 125°F with an instant read thermometer. Do not overcook.

Serve salmon burgers with lemon wedges and Green Tabasco. Or you can serve them over a bed of greens, or you can put them on toasted buns.