

Turkey Burgers

Servings: 4 Hamburgers

Amount	Size	Description
1	Lb.	Ground Turkey
1	Cup	Breadcrumbs
1 ½	Tbl	Old Norse World Cuisine Steak Seasoning
1/3	Cup	Milk
1		Egg
1	Tsp	Sage
1	Tsp	Thyme
1	Tsp	Salt
1	Tsp	Freshly Ground Pepper

- 1) Combine, knead all ingredients.
- 2) Create as many equally sized balls as possible.
- 3) Take one of the balls and throw it from one hand to the other to simulate a kind of slapping action in the receiving hand. While doing the throwing, rotate the ball as it slaps into the opposite.
- 4) After a firm ball is created, place the ball into one palm and start slapping it with the opposite hand fingers. Slowly rotate the turkey so it forms a patty.
- 5) Occasionally flip the patty into the other hand and slap again. Round the edges gently to create a nice round patty.
- 6) Repeat for the remaining balls.
- 7) Preheated a cast iron skillet to medium heat. Add oil when the skillet is hot.
- 8) Add a patty or two to the skillet. Be careful not to grill too many at one time. This will slow down the process and will create uneven heat.
- 9) Grill slowly, flipping often.
- 10) Place on toasted roll.
- 11) These patties can also be grilled on a barbeque.

