



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Turkey Burgers (not really adapted from Cooks Illustrated)

Cooks Illustrated recommends 6 ounce burgers; I prefer mine significantly smaller. If you do too, don't forget to reduce the cooking time.

2 pounds skin-on, bone-in turkey thighs or 1½ pounds skinless, boneless thighs
½ teaspoon salt
½ teaspoon black pepper
2 teaspoons Worcestershire sauce
2 teaspoons Dijon mustard
1 tablespoon vegetable or canola oil

1. If using skin-on, bone-in turkey thighs, remove the meat from from the skin and bones. Cut the thighs into 1-inch chunks and arrange in a single layer on a baking sheet. Freeze until somewhat firm, about 30 minutes.
2. Working in 3 batches, place the semifrozen turkey chunks in a food processor fitted with the steel blade; pulse until the largest pieces are no bigger than 1/8-inch, twelve to fourteen 1-second pulses.
3. Transfer the ground meat to a medium bowl. Stir in the salt, pepper, Worcestershire sauce, and mustard until blended and divide the meat into 4 portions. Lightly toss one portion from hand to hand to form a ball, then lightly flatten the ball with your fingertips into a 1-inch-thick patty. Repeat with the remaining portions.
4. Heat a large, heavy skillet (preferably cast iron or stainless steel with an aluminum core) over medium heat until very hot, 4 to 5 minutes. Swirl the oil in the pan to coat the bottom. Add the burgers and cook over medium heat without moving them until the bottom of each is dark brown and crusted, about 5 minutes. Turn the burgers over; continue to cook until the bottom is light brown but not yet crusted, 4 to 5 minutes longer. Reduce the heat to low, position the cover slightly ajar on the pan to allow steam to escape, and continue to cook 5 to 6 minutes longer, or until the center is completely opaque yet still juicy or an instant-read thermometer inserted from the side of the burger into the center registers 160 degrees. Remove from the pan and serve immediately. (Alternatively, grill the burgers over a medium-low fire (you can hold your hand about 5 inches above the grill surface for 5 seconds) until dark spotty brown on the bottom, 7 to 9 minutes. Turn the burgers over; continue grilling 7 to 9 minutes longer.)