Trout Burgers

Recipe courtesy of Alton Brown

INGREDIENTS

1 pound US farmed Rainbow trout fillets - boneless, skinless

1/3 cup panko breadcrumbs

1/4 cup scallions - finely diced

1/4 cup red bell pepper - finely diced

1 teaspoon prepared horseradish (not sauce)

1 egg white

1 teaspoon kosher salt

1/4 freshly ground black pepper

4 burger buns

Mayonnaise - optional



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Yield: 4 servings
Prep Time: 20 minutes
Cook Time: 7 - 8 minutes

Inactive Prep Time: 1 hour

DIRECTIONS

- 1. Place the trout into the freezer for 30 minutes or until firm, but not completely frozen.
- 2. Chop the trout into 1/4-inch cubes and transfer to a medium mixing bowl.
- 3. Add the panko, scallions, bell pepper, horseradish, egg white, kosher salt and black pepper.
- 4. Divide the mixture into 4 equal portions and shape into burger patties that are about 3/4-inch thick and 3 1/2-inches round. Cover and place in the refrigerator for 30 minutes.
- 5. Heat the oil in a 10-inch non-stick saute pan set over medium heat until it shimmers.
- 6. Add the burgers to the pan and cook for 4 minutes or until lightly browned.
- 7. Flip and continue to cook for another 3 to 4 minutes or until lightly browned and the burger has reached an internal temperature of 135 degrees F.
- 8. Move to a plate and rest for 3 minutes prior to serving.