Chicken Fennel Burgers

Burger ingredients:

1lb Ground chicken (90% or no more than 93% lean – whole chicken, not breast)

1 tsp Ground Fennel Pepper

1 Tbls Worcestershire

1 Tbls Mayo

1 Tbls Olive oil

1 Tbls Cassava Flour or ¼-1/2 cup bread crumbs, oat flour w/ 1 egg or egg white

Coarse salt and freshly ground pepper to taste (both sides)

Ok to add fresh herbs (parsley, basil, spinach, oregano, thyme, spinach, crumbled cheese for assembly variations

Burger style & assembly variations – any style is OK – ideas include: Smashed avocado, cheese, coleslaw, black beans, Greek style (cucumber, tomato, feta, spinach , Tzatziki), Thai, Indian

Toppings: Go for it! All variations are acceptable and welcome…Choose a different theme each time!

Buns: Make them yourself or use the best you can get based on your style preference.

Add burger ingredients in mixing bowl. Mix by hand w/ lightly oiled hands because patties are squishy and moist. Don’t over mix!

Form patties (about 4 ¼ lb is good). Sprinkle some salt & pepper on parchment paper before paying down formed patties so bottoms are seasoned. Make patties about 1” thick and place on the parchment paper. Don’t worry about them perfect because they are squishy. Season burger tops too.

Chill - Place patties in fridge for at least 20 min to cool and stabilize. You can make patties early and store in fridge up to 3 days. If no time, place in freezer for 5 or 10 minutes. This is critical or your burgers will fall a part and not cook evenly.

Preheat grill to 450-500 (medium high). Let grill rest at least 5-10min once its reached target temperature. Make sure grill cooking surfaces are very clean (use your wire brush well). Just before you’re ready to place burgers on grill, oil grill surface with grape seed, avocado oil (or olive if that’s all you have) using a wad of paper and tongs. It will smoke a little – especially w/ olive oil.

Before placing burgers on prep’d grill, press the middle or each patty very gently and place on grill.

Use sharp, thin lightly oiled spatula to place burgers prep’d grill. Grill 6-7 min then flip for another 6-7 min. Add cheese on flip if desired. Don’t press down on patties while cooking. Inside temp should be 165F when done.