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# A Cook's Companion

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## **Mediterranean Burger**

Serves 2

This Mediterranean-inspired burger is a tantalizing mixture of ground lamb and ground beef. It is punctuated with aromatics of garlic and red onion, and the fresh herbs of mint and oregano. It is topped with classic fixings and a bright Tzatziki sauce. It's time to inject some fresh inspiration for kicking those burgers up a notch!

### ***Burger Ingredients:***

1/3 lb ground lamb  
1/3 lb ground beef  
2 tbsp red onion, minced  
2 cloves garlic, minced  
1 tbsp fresh mint, minced  
1 tbsp fresh oregano, minced  
1/4 tsp kosher salt  
1/4 tsp ground black pepper

### ***Tzatziki Sauce Ingredients:***

1/2 cup Greek yogurt  
1/4 cup feta cheese  
2 tbsp fresh lemon juice

1/4 English cucumber, half peeled,  
seeded and finely diced  
1 garlic clove, minced  
1 tbsp fresh mint, minced  
1/4 tsp fresh ground pepper  
1/4 tsp kosher salt

### ***Burger Fixings:***

2 artisan buns  
Tzatziki Sauce  
Romaine lettuce leaves  
2 small tomatoes, sliced  
1/4 red onion, sliced finely

### ***Directions:***

1. In a large bowl, mix together the ground lamb and beef with red onion, garlic, mint, oregano, salt and pepper. Mix until combined, divide into equal portions and then form patties. Form patties by rolling the meat into a ball, and then flattening between your palms. With your thumb, pinch a small depression in the middle of the burger, as it cooks the width will even out.
2. Prepare the cucumber by washing, (if not using an English cucumber, peel) deseed, and then dice finely. Prepare the Tzatziki sauce by mixing together the Greek yogurt with the feta cheese. Add the lemon juice, diced cucumber, garlic, mint, salt and pepper.
3. Prepare the grill to medium-hot heat. Additional oil may be brushed on the grill grate to reduce sticking. Allow the burgers to cook quickly, about 4 minutes per side, but this will vary based on the meat, size and grill temperature. Resist using your spatula to flatten the burgers - this action releases the juiciness that you want to keep! Do use a spatula to turn the burgers and not a fork - forks pierce the seared surfaces allowing juices to escape. Cook ground beef to 160°F - this is a temperature at which any bacteria is deactivated. Use an instant-read thermometer to check the temperature at the center of the burger.
4. Load up the burgers with Tzatziki sauce, romaine, burger, tomatoes and red onion. Serve immediately.