



Servings 4

Prep Time 30 min

Cooking Time 10 min

Moroccan Lake Trout Burger



Ingredients

For the Toppings

4 tablespoons mayonnaise

-/+1 teaspoon harissa paste (more or less if you like it spicier, or less spicy)

1 clove garlic, finely minced

1 teaspoon lemon juice

2-4 soft hamburger buns

Shredded lettuce

For the Burgers

1 lb skinless, boneless, lake trout fillet(s)

1 shallot (or 1/2 small brown onion), finely minced

1 clove garlic, finely minced

2 tablespoons fresh parsley, finely minced

1 teaspoon ground coriander

½ teaspoon ground cumin

½ teaspoon black pepper

½ teaspoon Aleppo chili flakes (or ¼ tsp regular chili flakes)

1 teaspoon honey

1 teaspoon lemon juice

1 teaspoon Moroccan preserved lemon peel, chopped (optional)

½ cup breadcrumbs

Kosher salt

1 tablespoon olive oil





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Directions

Step 1

Chop the lake trout fillet(s) into 1/4" tiny cubes. Put 2/3rds of the chopped trout into a mixing bowl, leaving the other 1/3 on the cutting board.

Step 2

Run your knife through the remaining 1/3 over and over, repeatedly chopping it into smaller and smaller pieces. You basically want to create a paste. Use the flat of the blade to scrape the minced trout across the cutting board a few times to break it down even further. Add to the rest of the trout in the bowl.

Step 3

Add the rest of the ingredients except for the salt and olive oil (adding salt too early in this process can cause an unwanted change in texture) and mix very well.

Step 4

In a small bowl, mix the toppings ingredients - mayo, harissa paste, garlic, and lemon juice. Set aside.

Step 5

Add the tablespoon of olive oil to a non-stick or cast-iron pan over medium-low heat. Form the chopped trout into 2 large or 4 small patties. Unlike ground meat, these patties won't shrink, so match the size to the buns you're using.

Step 6

Season the patties with a pinch of salt just before adding them to the pan. Carefully add the patties to the pan. They'll be a little hard to handle, but they'll firm up. Cook for about 5 minutes on one side. Carefully flip over and cook for another 4-5 minutes. These burgers are relatively delicate. If one falls apart a bit, it's no big deal, just stuff it into the bun when it's done.

Step 7

Spread the sauce onto the buns, add the lettuce, then add the trout patty. Serve immediately. Enjoy!

