

Turkey Burgers

600 grams (about 1 1/3 pounds) cooked turkey breast, ground

1 large or 2 medium carrots, ground (not chopped! ground to bits in food processor)

1/2 large onion chopped fine

1 teaspoon paprika

1 teaspoon garlic powder

1 teaspoon salt

1/2-3/4 cups (75 -112.5) grams - dry breadcrumbs

1 teaspoon baking powder

5 eggs

Oil for frying

Directions:

Grind up your carrot, onion and turkey breast and place in large bowl. Add paprika, garlic powder, salt, breadcrumbs and baking powder and toss well. Add eggs and using your hands mush all together till ingredients form a nice, slightly sticky mixture that holds together well. Form burgers - I made huge ones, 10 or you can make 'em smaller and get 12-14 out of this amount of mixture.

Pour 1/4 cup or 4 tablespoons oil in skillet. Heat to medium hot and add the burgers, not crowding them. Fry for about 4-5 minutes and flip when golden brown on the bottom and continue to fry till golden brown and crispy on other side. Fry all the burgers and serve either straight away hot from the skillet, at room temp or even cold the next day. Makes a fab sandwich on a burger bun with condiments or nice with a tossed salad on the side.