

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Salmon Burgers with Remoulade

Ingredients

For the Salmon Burgers

700g boneless, skinless salmon (680g), very finely chopped by hand
3 tablespoons minced mixed fresh parsley, tarragon, and chives (about 4 teaspoons each minced parsley and chives and 1 teaspoon minced tarragon)
¼ tsp ground coriander seed
2½ cm knob fresh peeled ginger, grated
salt and freshly ground black or white pepper

For the Rémoulade:

125g plus 2 tablespoons mayonnaise (150ml)
1 tbsp drained brined capers, minced
4 cornichons (small dill pickle), minced (about 1½ tbsp)
2½ tsp minced fresh flat-leaf parsley, tarragon, and chives (about 1 tsp each minced parsley and chives and ½ tsp minced tarragon)
2 tsp fresh juice from 1 lemon (10ml)
1 tsp Dijon mustard (5ml)
½ tsp prepared horseradish
salt and freshly ground black pepper

For Cooking and Serving:

panko breadcrumbs
60ml vegetable oil
4 brioche hamburger buns, buttered and toasted

Method

For the Salmon Burgers: In a medium bowl, combine salmon, herbs, coriander seed, and ginger. Stir well, then season with salt and pepper. (You can cook a very small amount in a non-stick frying pan to check salt levels, and then adjust accordingly). Transfer to the refrigerator to set.

For the Rémoulade: In a small bowl, stir together the mayonnaise, capers, cornichons (gherkins), herbs, lemon juice, Dijon mustard, and horseradish until thoroughly combined. Season with salt and pepper. Transfer to refrigerator.

To cook and serve: Spread panko breadcrumbs in a shallow bowl or pie plate and arrange a piece of parchment paper on a baking sheet. Divide salmon mixture into 4 even portions and, working one at a time, roll each into a ball, then flatten into a 1-inch thick patty, using your hands to smooth out any cracked edges (they may move around your hand for a little bit, but keep at it and they'll come together).

Place each burger in the bowl of breadcrumbs, use your hands to sprinkle more breadcrumbs on top, then press down gently to make breadcrumbs stick to the bottom side. Flip burger over and press gently once more, then transfer to the parchment-lined baking sheet. Repeat with remaining salmon.

Add oil to a large non-stick frying pan and heat over medium-high heat until shimmering. Carefully lower salmon patties into the oil and cook, turning once or twice, until lightly browned on both sides and medium-rare within (about 115 to 120°F on an instant-read thermometer), about 10 minutes; adjust heat as necessary to keep things sizzling without scorching the bread crumbs.

Transfer burgers to a paper towel-lined tray and sprinkle lightly with salt. Smear an even layer of rémoulade on the top and bottom halves of each bun. Set a salmon patty on top of each bottom bun. Season with salt and pepper. Close buns and serve right away with a dressed mixed salad.