

JAPANESE-STYLE TURKEY BURGER

(from The Bewitching Kitchen)

1 pound ground turkey
1 tablespoon red miso
5 ounces fresh shiitake mushroom caps
1 tablespoon olive oil
½ teaspoon sansho pepper (or pepper of your choice)
¼ tsp salt
fresh cilantro leaves to taste

Place the mushrooms, miso, olive oil, sansho pepper, salt and cilantro leaves in a food processor and process until it all forms a paste.

To prepare the burgers, mix all ingredients together in a large bowl. Knead the meat until it becomes sticky and binds together; divide the mixture into 4 equal parts, forming a burger patty with each fourth of the mixture. Place in the fridge to set for about 30 minutes (or longer, but then cover lightly with plastic wrap).

Grill to your liking, about 5 minutes per side.