

Jason Pettit – Capital Radio Recipe



Expo Burger – an innovative re-imagining of a classic Italian recipe into a delicious burger.

Vitello Tonnato is thinly sliced roast veal topped with tuna fish and capers blended into a smooth mayonnaise sauce. Here, ground chuck steak and chicken are mixed into a lighter tasting burger and then topped with a creamy tuna mayonnaise sauce.

Ingredients – serves 4 people

300 gm	ground chuck steak (coarsely ground)
300 gm	ground chicken meat (breast & thigh if possible)
1 ea	spring onion (washed, finely chopped)
4 ea	fresh thyme sprigs (leaves removed)
1 ea	lemon (zested)
	<i>salt & black pepper to taste</i>
1 can	tuna fish in olive oil (drained)
1 Tbsp	capers (rinsed & drained)
1 Tsp	Dijon mustard
8 Tbsp	mayonnaise
1 Tbsp	lemon juice
1 Tbsp	Worcestershire sauce
	<i>salt & black pepper to taste</i>
4 ea	burger buns (of choice)
handful	salad leaves or rocket leaves

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Method

Place ground chicken and chuck steak into a clean bowl and add the chopped spring onion, thyme leaves and lemon zest. Mix until evenly combined then divide into 4 equal pieces. Form into balls and then lightly press flat into burger patties approx. 1inch wider than your burger buns.

Pre-heat a grill pan or skillet over a medium high heat.

Lightly season the burger patties on both sides and then place into the pan.

Leave to cook for approx. 4 minutes ensuring there is a good sear on the surface of the burgers, then turn the burgers and cook until the juice runs clear when lightly pressed.

Remove from the pan once cooked and allow to rest for a few minutes.

Whilst the burgers are cooking, prepare the tuna mayonnaise.

Place the mayonnaise, mustard, lemon juice and Worcestershire sauce into a food processor bowl and blitz together.

Chop the capers finely and add to the bowl together with the drained tuna and pulse / blitz until a semi smooth consistency is achieved.

Taste and season with salt and black pepper as desired.

Toast the surface of the burger buns lightly under a hot grill.

Assemble the burgers by placing a small amount of tuna mayonnaise on the base buns, add a few salad leaves then place the cooked burgers on. Divide the remaining tuna mayonnaise over each burger, add more salad leaves then top with the bun.

Serve immediately with fries / potato wedges / sweet potato wedges.

Notes from the chef:

The burger patties can be prepared in advance and kept in the fridge BUT do not season them until you are ready to cook them. Remove them from the fridge and allow them to come to room temperature before cooking.

The tuna mayonnaise can be made in advance and will keep refrigerated for 3 or 4 days in an air-tight container.

Turkey mince can be substituted for the chicken mince and both help produce a lighter tasting and lower fat burger.

Do not cram all the burgers into a pan or they will trap steam / moisture between them and the burgers will become tough.

Tbsp - tablespoon

Tsp - teaspoon