

Chicken Burgers



RANDY'S EAT SHOP
Recipes that Rock!

- 2 - 3 pounds ground chicken
- 1 cup Italian breadcrumbs
- 4 Tbsp mayonnaise
- 4 Tbsp minced onions
- 2 - 3 garlic cloves, minced
- 1 tsp Randy's Eat Shop Smoked Paprika Spice
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp black pepper

Mix all ingredients together in a bowl. Use your hands to combine all the ingredients together until blended, but don't over mix.

Roll the mixture into balls approximately 1/4 pound. Use a burger press to make consistently sized burger patties.

Cook the chicken burgers on the grill until the internal temperature is 165 F, about 10 minutes total, flipping halfway through.

Here are several ways to determine when your chicken burgers are ready to eat:

- **Use a meat thermometer** — poultry is safe to eat when it reaches the temperature of 165°F
- **Feel the meat** — when you first start grilling (or frying) your burger it will be soft and spongy. As it cooks it will firm up. When you press the burger with the edge of your spatula or your finger, if it will feel firm and not pliable then it is done. And remember, it will continue to cook for a few minutes after you remove it from the heat due to the heat retained in the meat. So if you stop cooking a bit early it will finish with the heat it has retained and stay juicy.
- **Have a "test" patty to cut into** — sometimes I create a separate patty, maybe smaller but the same thickness, that I can cut slices off of to see the inside of the meat and determine if it is fully cooked. It gives me something to snack on while I'm grilling.

Enjoy! And remember, every day is Friday on the patio.