

# Alberta Lamb Burger with Greek Yoghurt Garnish



Your Notes

## Ingredients:

**Lamb:** 28 oz ground Alberta Lamb, 1 tsp ground cumin, 2 cloves garlic (chopped), 2 tbsp. fresh mint or basil (chopped), 1 tbsp. olive oil

**Bun:** Oat bun, Kaiser bun or egg bun, fresh butter

**Mint-Garlic Yoghurt:** 1 cup Greek yoghurt, 1 tbsp. fresh mint (chopped), 2 cloves garlic (chopped), pinch of salt

**Onion-Garlic Jam:** 1 medium red onion (chopped), 3 cloves of garlic (thinly sliced), 2 tbsp. olive oil, 3 tbsp. brown sugar, 6 tbsp. balsamic vinegar

**Toppings:** Silvan Star cumin Gouda cheese, red onion (sliced), beefsteak tomatoes (sliced)

## Method:

**Burger:** Add all the ingredients and very lightly mix together. Try not to overmix the meat. Form into 4, 7-oz patties. Grill on a wood or charcoal fired barbecue or bake in a 350°F oven. Cook patties to a preferred and safe degree of doneness (internal temperature of at least 71°C). Season with salt and pepper after the meat is cooked.

**Bun:** Butter the bun and toast on barbecue or in oven.

**Mint-Garlic Yoghurt:** Mix all the ingredients. Spread this over the bottom bun.

**Onion-Garlic Jam:** In a pan, sweat the onions and garlic in the oil. When soft, add the brown sugar and balsamic vinegar. Cool slightly. Spread jam on the top part of the bun.

Top burgers with the cheese, lettuce tomato and sauces. Add roast potatoes or fries as a side!

*Photo and recipe credit: David Flegel*



**GREAT** taste!  
[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)