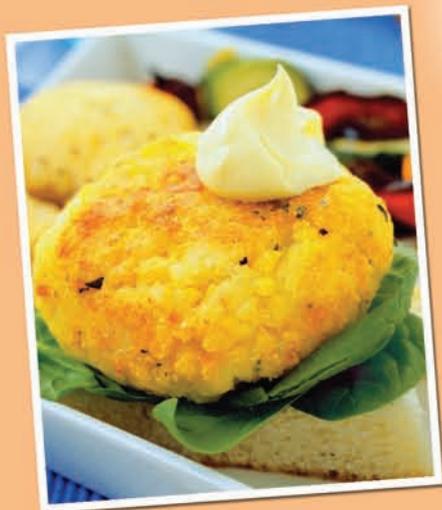


# get *Grilling!*



**prepare** 15 minutes, plus 1 hour 10 minutes chilling  
**cook** 18-20 minutes **serves** 4-6

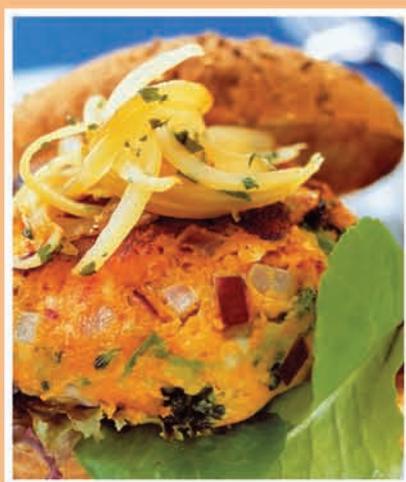
Perked up with basil and fresh Parmesan, and served with a garlicky mayonnaise, these cod burgers are fantastically tasty. The cornmeal that holds all the ingredients together is very easy to prepare.

## provençal cod burgers

### ingredients

1 1/4 cups water	2 tsp all-purpose flour
1 1/2 cups instant cornmeal	1-2 tsp olive oil
1 lb/450 g cod fillet, skinned	4 garlic cloves, crushed
1 tbsp chopped fresh basil	2 egg yolks
2 oz/55 g Parmesan cheese, freshly grated	2 tsp lemon juice
	1 1/4 cups extra virgin olive oil
	salt and pepper

**one** Place the water in a large pan and bring to a boil. Slowly pour in the cornmeal in a steady stream and cook over gentle heat, stirring constantly, for 5 minutes, or until thick. Let cool for about 10 minutes.  
**two** Place the cornmeal, fish, basil, cheese, and salt and pepper in a food processor and, using the pulse button, blend together. Shape into 4-6 burgers, then coat in the flour. Cover and let chill for 1 hour.  
**three** Meanwhile, make the aioli. Place the garlic and egg yolks in a food processor and blend for 1 minute. Add the lemon juice and blend again. With the motor running, slowly pour in the oil until a thick mayonnaise is formed. Add salt and pepper to taste and, if too thick, add a little extra lemon juice.  
**four** Heat a heavy-bottom skillet and add 1 tablespoon of the oil. When hot, add the burgers and cook over medium heat for 4-5 minutes on each side or until cooked through, adding extra oil if necessary. Serve.



**prepare** 10-12 minutes, plus 1 hour chilling  
**cook** 40-45 minutes **serves** 4-6

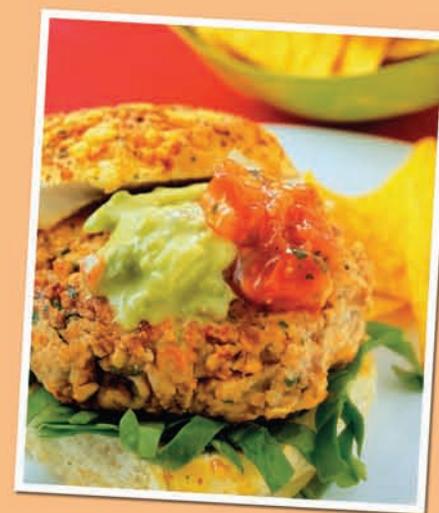
There are lots of interesting textures and flavors vying for your attention in these tasty burgers. For an extra cheesy kick, pan-fry some slices of provolone cheese to serve on top of the burgers.

## sweet potato and provolone burgers

### ingredients

1 lb/450 g sweet potatoes, peeled and cut into chunks  
salt and pepper  
6 oz/175 g broccoli florets  
2-3 garlic cloves, crushed  
1 red onion, finely chopped or grated  
1 1/2-2 fresh red jalapeno chilies, seeded and finely chopped  
6 oz/175 g provolone cheese, grated  
2 tbsp whole-wheat flour  
2-3 tbsp corn oil  
1 lb/450 g onions, sliced  
1 tbsp chopped fresh cilantro

**one** Cook the sweet potato in a pan of lightly salted, boiling water for 15-20 minutes, or until tender. Drain and mash. Cut the broccoli into small pieces, cook in a separate pan of boiling water for 3 minutes, then drain and plunge into cold water. Drain again, then add to the mashed sweet potato.  
**two** Stir in the garlic, red onion, chili, grated cheese, and salt and pepper. Mix well and shape into 4-6 equal-size burgers, then coat in the flour. Cover and let chill for at least 1 hour.  
**three** Heat 1 1/2 tablespoons of the oil in a heavy-bottom skillet. Add the onions with any remaining chili and cook over medium heat for 12-15 minutes, or until softened. Stir in the cilantro and set aside.  
**four** Add the remaining oil to the skillet. Add the burgers and cook over medium heat for 5-6 minutes on each side or until piping hot. Serve with the onions.



**prepare** 10 minutes, plus 1 hour chilling  
**cook** 10-12 minutes **serves** 4

There are many varieties of fresh chilies available. If you are in doubt as to the chili's heat, then start with the milder chilies, such as jalapeno, and gradually move onto the hotter ones.

## mexican turkey burgers

### ingredients

1 lb/450 g fresh ground turkey  
7 oz/200 g canned refried beans  
2-4 garlic cloves, crushed  
1-2 fresh jalapeno chilies, seeded and finely chopped  
2 tbsp tomato paste  
1 tbsp chopped fresh cilantro salt and pepper  
1 tbsp corn oil

**one** Place the ground turkey in a bowl and break up any large lumps. Beat the refried beans until smooth, then add to the turkey in the bowl.  
**two** Add the garlic, chilies, tomato paste, cilantro, salt, and pepper and mix together. Shape into 4 equal-size burgers, then cover and let chill for 1 hour.  
**three** Heat a heavy-bottom skillet and add the oil. When hot, add the burgers and cook over medium heat for 5-6 minutes on each side, or until thoroughly cooked. Drain on paper towels and serve.

*Enjoy!*