

Goat Cheese-Stuffed Lamb Burgers with Yogurt Cucumber Sauce

Carolyn T's
Main Cookbook

Servings: 4

Author: From Steve Raichlen, the primalgrill.org



BURGERS:

- 1 1/2 pounds ground lamb
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 3 tablespoons fresh mint, or 2 teaspoons dried mint
- 3 tablespoons Italian parsley, finely minced
- 1 teaspoon dried oregano, preferably Greek
- 1 teaspoon coarse salt (kosher or sea) or more to taste
- 1 teaspoon freshly ground black pepper
- 5 ounces goat cheese, Chevre, soft log

SERVING:

- 4 whole pita bread rounds
- 4 romaine lettuce leaves, rinsed
- 1/2 whole red onion, paper-thin slices
- 1 medium cucumber, peeled and thinly sliced
- 1 medium tomato, thinly sliced

YOGURT SAUCE: (makes 1 1/2 cups)

- 1 medium cucumber, minced
- 1 clove garlic, minced
- 1/2 teaspoon coarse salt, or Kosher salt or sea salt
- 1 cup yogurt, Greek, thick
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh mint, chopped
- Freshly ground black pepper

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 956 Calories; 62g Fat (59.0% calories from fat); 49g Protein; 49g Carbohydrate; 5g Dietary Fiber; 169mg Cholesterol; 1290mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 8 1/2 Fat; 0 Other Carbohydrates.

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Notes: I don't use the pita breads for this - I prefer to chop up the "salad" - the lettuce, tomatoes, cucumbers and red onion and put that on the plate, then place the burger on top, sizzling from the grill. But if you don't mind the carbs, you can either make this as a sandwich or as a tower with the pita on the bottom, the layers of salad, then the burgers on top.

Description: A Middle-Eastern style, but juicy and scrumptious method with the goat cheese melting from the center.

Place the ground lamb, chopped onion, garlic, mint, parsley, oregano, salt, and pepper in a mixing bowl and stir with a wooden spoon to mix. Wet your hands with cold water and divide the mixture into 4 equal portions. Working quickly and with a light touch, pat each portion into a thick patty with a 2-ounce round of goat cheese in the center. (Make sure cheese is completely covered with meat.) Place the patties on a plate lined with plastic wrap and refrigerate, covered, until ready to grill.

2. Set up the grill for direct grilling and preheat to high.

3. Grill the lamb burgers until cooked through, about 7 minutes per side (about 170 degrees on an instant-read meat thermometer). Remove the burgers and cover to keep warm.

4. Place the pita breads on the grill, and lowering the temperature and working in batches, if necessary, grill until toasted, about 1 minute per side.

5. Cut a slit in each pita. Place a lettuce leaf inside, followed by a burger, an onion slice, if using, some cucumber and tomato slices, and a generous dollop of yogurt sauce. Serve at once.

6. Cucumber-Yogurt Sauce: Peel the cucumber and cut it in half lengthwise. Scrape out the seeds with a melon baller or spoon. Coarsely grate the cucumber. Place the garlic and salt in a mixing bowl and mash to a paste with the back of a spoon. Stir in the grated cucumber, yogurt, olive oil, and mint. Taste for seasoning, adding more salt, if necessary, and pepper to taste. The sauce should be highly seasoned.