

Gwyneth Paltrow's Blork's Thai-style Chicken Burgers

Source: "It's All Good," by Gwyneth Paltrow (<http://www.goop.com/recipes/dinner/thai-style-chicken-burgers>), reproduced in many places on the web, and printed in *Chatelaine* magazine, May 2013.

This version, with adjustments and tips from Blork: <http://www.blork.org/blorkblog/2013/10/02/gwyneth-paltrows-thai-chicken-burgers-improved>

Ingredients

- 450 g (1 lb) ground chicken
- 2 cloves garlic, minced
- 1/2 cup finely chopped cilantro *
- 2 shallots, minced
- 1 tsp sambal oelek *
- 1 tsp fish sauce *
- 1/4 tsp coarse sea salt (*optional; the fish sauce is already very salty*) *
- 1/2 tsp freshly ground black pepper
- 1 tsp mirin or agave syrup (*optional*) *
- 2 tbsp grapeseed (or equivalent neutral) oil

(* modified from GP's original.)

Technique Tips:

- Don't bother trying to shape the meat into a burger patty before cooking; the meat is too goopy to hold its shape (it's the texture of fairly wet cookie dough). Instead, use the "smash burger" technique described below.
- Due to the goopiness, I do not recommend direct grilling (people say they do it, and I have done it, but there's a really good chance it will fall between the grates) I suggest using a pan, or a combination of pan and grill.
- Cooking spray is your friend. The meat is goopy and sticky, so spray the plate on which you place the portioned meat, and use a greased (sprayed) spoon for transferring to the pan and smashing (flattening) the patties.
- I suggest mixing the spices and aromatics first, then adding the chicken. Trust me, it's just a better way to do it.

Method

1. Mix the garlic, cilantro, shallots, sambal oelek, fish sauce, and salt & pepper in a large bowl. Stir it around until it's nicely mixed into a slurry.
2. Add the ground chicken and mix. Try not to over-mix it; just stir and turn until it's reasonably well mixed together.
3. Divide into four (or six if you like them small) blobs on a greased plate.
4. Cook in one of these two ways:
 - **PAN:**
 - Heat a heavy pan until *hot*.
 - Add the oil then drop the goopy blobs of meat onto the pan quickly flattening them into a burger patty shape about 2 cm (3/4 inch) thick. *Do this one at a time; drop, flatten, drop, flatten, etc.*
 - Cook for about 5-6 minutes per side (being careful not to over-brown) or until the internal temperature reaches 75C (165F).
 - **GRILL:**
 - Heat the grill fairly high, and put a cast-iron grilling pan on it to heat up to *hot*.
 - Put the oil in the grill pan, then drop the goopy blobs of meat onto the pan quickly flattening them into a burger patty shape about 2 cm (3/4 inch) thick. *Do this one at a time; drop, flatten, drop, flatten, etc.*
 - Cook for about 1 to 1-1/2 minutes per side, flipping when the underside is fairly browned.
 - After both sides have browned, transfer to the grill and finish about 2-3 minutes per side or until the internal temperature reaches 75C (165F).

Serve on lightly toasted sesame buns with lime-pepper mayonnaise and lettuce.

Lime-pepper mayonnaise:

Mix about 1/3 cup of mayo with the juice of 1/2 a lime and a lot of coarsely ground black pepper.