

Happy Mouth[®]

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Food Experiences at Home
and Around the World.*

Beef Burgers with Beet Relish and Cucumber Raita

1 1/2lb (600g) good quality lean ground beef
1 tsp smoked paprika
pinch of cayenne pepper
sea salt and black pepper
olive oil, to cook and drizzle
8oz (250g) cherry tomatoes on the vine
splash of balsamic vinegar

Beet Relish

8 oz (250g) cooked beet in natural juices, drained
3 tbsp capers, rinsed and drained
handful of italian parsley, roughly chopped
2 tbsp balsamic vinegar
3 tbsp olive oil

Cucumber Raita

1 large cucumber
handful of mint leaves, chopped
3-4 tbsp plain yoghurt
squeeze of lemon juice, to taste

Seasoning the burgers:

Put the ground beef into a large bowl and add the paprika, cayenne, 1/2 tsp salt (or less to taste) and 1/2 tsp pepper. Mix well with your hands, then shape into 4 neat patties. Place on a plate or tray, cover with plastic wrap, and chill for at least 30 minutes to set the shape.

The beet relish:

Roughly chop the beet and place in a food processor along with the capers, parsley, balsamic vinegar, and olive oil. Pulse until the mixture is roughly chopped - you don't want to puree the beet. Season to taste and transfer to a bowl.

The cucumber raita:

Peel the cucumber and quarter lengthwise. Scrape out the seeds with a spoon and discard. Roughly chop the flesh and place in a bowl. Add the chopped mint and toss with enough yogurt to bind. Add the lemon juice and season with salt and pepper to taste.

Cooking it all up:

Heat the barbecue or heat a little olive oil in a nonstick skillet. Brush the burgers with olive oil and cook on the barbecue, or pan-fry. Remove to a warm plate and let rest for a few minutes.



Add the tomatoes to the barbecue or skillet and drizzle with a little olive oil and balsamic vinegar. Cook for 1-2 minutes until the tomatoes are soft but still retain their shape.

Serve and impress:

Serve the burgers with the tomatoes, beet relish, and cucumber raita. For a neat presentation, spoon the raita into lettuce cups and garnish with a handful of arugula.

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