

There's a Chef in My Kitchen, llc



In a medium bowl, combine the yogurt, spices, basil, jalapeño, lime zest, and sugar. Taste. Add salt and pepper, to season. Refrigerate for 30 minutes before serving to let the flavors meld.

Make ahead. You can make this up to 4 hours ahead of service. It actually keeps for 2 days in the refrigerator when covered, but the flavors start to fade. If you can, make it the day you intend to use it.



on the inside. *Optional:* to grill your burgers: Place on a grill preheated to high and cook for 1 ½ to 2 minutes on each side.

Service

Place the fresh cooked burgers on a gluten-free roll and sprinkle with the sesame seeds, if using. Add caramelized onions or yogurt sauce, or both!

Caramelized Onions

Makes about 2 cups; Serves 4

Ingredients

1 ½ pounds Vidalia or other sweet onions, peeled and sliced about 1/8-inch thick (to yield about 6 cups)
2 tablespoons butter
Coarse (kosher) salt
Onion sugar (substitute sugar in the raw)
Freshly ground black pepper

Preparation

In a large nonstick skillet, melt the butter over medium-low heat. Add the onions, season with salt and toss to coat. Cover and cook until the onions begin to release their liquid, about 10 to 12 minutes. Remove the lid and increase the heat to medium. Cook, stirring occasionally, until the liquid has evaporated, about 10 minutes more. Sprinkle the onions with about 1 teaspoon of the sugar and continue cooking, stirring frequently, until they are golden brown and caramelized, about 10 minutes longer. Taste. Adjust seasoning. Serve warm.

Yogurt Sauce with Basil

Makes 1 cup

Ingredients

1 cup Greek-style yogurt
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1 teaspoon cardamom
8 fresh basil leaves, finely chopped
1/2 small jalapeño, seeded and minced
1 teaspoon finely grated lime zest
Pinch of sugar, to balance flavors
Sea salt and fresh ground pepper, to season

Preparation



Tuna Burgers

Makes 4 Burgers

Sushi-grade Tuna makes these burgers a bit of an extravagance, but I love offering this burger to friends. It's full of fresh garden flavors and gets an added kick from the tamari. The onion sugar is a favorite of mine from The Spice and Tea Exchange (www.SpiceandTea.com). You can use sugar in the raw instead, but I encourage you to check out their full range of infused sugars. They punch up the flavor and a little goes a long way. To finish the burgers, top them off with caramelized onions and a quick easy yogurt topping flavored with spices and herbs (recipes follow), which is a lot nicer than plain old tartar sauce. While I have included instructions for grilling the burger, I'll warn you in advance: there is little to bind this burger together, so you must be very deft with a spatula and use a very hot grill.

Ingredients

1 ½ pounds sushi-grade tuna steaks
1 3-inch piece of fresh ginger, peeled and finely grated, to yield about 3 teaspoons
2 shallots, finely minced
1 garlic clove, finely minced
1 tablespoon finely chopped fresh cilantro
1 small jalapeño chile, seeded and minced
Pinch of onion sugar (substitute raw sugar)
Pinch of sea salt
Freshly ground black pepper
1 ½ teaspoons organic tamari sauce
1 teaspoons sesame oil (can substitute chili oil), plus extra for brushing the burgers
Gluten-free rolls
2 tablespoons sesame seeds, for garnish (optional)

Preparation

With a sharp knife, finely chop the tuna and place in a medium-size non-reactive bowl. Add the ginger, shallot, garlic, cilantro, jalapeño, onion sugar, tamari, and 1 teaspoon of the sesame oil. Add salt and pepper to season. Gently combine the ingredients into the tuna with a spatula, mixing well to incorporate all the ingredients.

Moisten hands with cold water and shape the tuna into 4 equal patties. Place on a parchment-lined cookie sheet and freeze for 10 minutes to firm up the flesh and bind the burger together. Before cooking, brush the patties with a little sesame oil.

Pan-sear the burgers. Heat a large, heavy-skillet over high heat until very hot. Add the burgers and cook for 2 minutes on each side, until deep brown on the outside but still rare