



Grilled Salmon Burgers with Easy Pickled Peaches

Add simple seasonings and top with red peppers and pickled peaches

Easy Pickled Peaches:

2 to 3 large fresh Georgia peaches

1-1/2 to 2 cups dill pickle juice

Directions: To cut the peaches into wedges: cut off the peach sides, removing the pits. Cut the peaches into slanted slices. Place in large jar or bowl; cover peaches with dill pickle juice, cover; set aside for about 1 hour. The pickling flavor increases with the amount of time the peaches are in the pickling solution.

Salmon Burgers:

1-1/2 pounds boneless salmon, skin removed

1 Tablespoon stone ground mustard

1 Tablespoon minced chives

1 Tablespoon mild or hot red pepper relish

1/2 cup coarse breadcrumbs

1/4 teaspoon (each) salt; ground black pepper or as desired

Avocado oil as needed

6 organic (3-1/2 to 4 inch) burger buns

Grill Burgers and Buns:

1. Cut the salmon into large chunks; put a quarter of it into food processor with the mustard. Pulse to chop; then puree mixture until smooth and pasty. Scrape down the sides of processor occasionally.
2. Add chives, red pepper relish, and the remaining salmon. Pulse the machine on and off only until the fish is chopped and combined with the puree. Pieces should be no larger than ¼ inch. Do not make the mixture too fine.
3. Scrape mixture into a medium sized bowl, and by hand, stir in the breadcrumbs, salt, and pepper. Using about 5 Tablespoon salmon mixture for each, shape into six burgers. (If desired, cover; place burgers in the refrigerator for 30 minutes to chill the mixture or for a few hours if preparing them ahead of time.)
4. Prepare and preheat the grill. Spray grill and burgers on both sides with avocado oil. Cook over 325 degrees F. for 4 minutes, turn and finish cooking for another 2 minutes or until burgers test 135 degrees F. internal temperature with a food thermometer. To keep the burgers juicy, do not overcook.
5. Place on large platter; cover with foil while grilling buns. Spray insides of buns lightly with avocado oil. Grill over medium heat for 2 minutes or until golden brown. Remove from grill.

Prepare Burgers for Serving:

1 Tablespoon fresh minced dill weed
2/3 cup mayonnaise
6 large Buttercrunch or Bibb lettuce leaves
6 thin large fresh tomato slices
Grilled Salmon Burgers (prepared ahead)
6 Tablespoons mild or hot red pepper relish
Easy Pickled Peaches Slices (prepared ahead)
Garnish: If desired minced chives

Directions:

1. In a small bowl, stir minced dill with mayonnaise; set aside. Remove pickled peaches with a slotted spoon to paper towel lined plate.
2. For each burger: Spread about 3/4 Tablespoon dill mayo over the inside of bun top and bottom. On the bun bottom: layer 1 large lettuce leaf, 1 thin sliced tomato, 1 grilled salmon burger. Spread 1 Tablespoon red pepper relish over the salmon burger. Arrange peach pickle wedges over the top, sprinkle if desired with minced chives; close with the bun top. Serve burgers with desired sides or picnic potato chips. Yield: 6 Salmon Burgers

Cook's Note: Making pickled peaches is easy if you use the liquid from your favorite dill pickles. It only takes about 1 hour to lightly pickle the fruit. Then I just remove the peaches and return the pickles to their jar. Yes, it works. Also, we used mild red pepper relish and organic baked buns for our burgers. if desired, add a touch of hot sauce but remember that salmon has a mild flavor.

About the Recipe: The secret to making these juicy salmon burgers is adding the pickled peaches. Summer is the best season to grill some power-packed salmon burgers filled with those essential healthy fats. This flavor-filled burger combines ground salmon rather than an egg to combine the ingredients together. Lightly seasoned with mustard, chives, and pepper relish, they pair well with fresh lettuce, tomatoes, and juicy pickled peaches, tucked into a crisp toasted bun.