

Allium Foodworks

Personal Chef Service

Box 4221, Edmonton, AB T6E 4T2 ♦ 780-433-6599 ♦ info@alliumfoodworks.com ♦ www.alliumfoodworks.com

Biftecki - Greek Meat Patties

1.2	kg	ground buffalo (or extra lean beef, chicken or turkey)
100	ml	Egg Beaters
1	large	lemon juiced and zested
1	cup	bread crumbs
1	tbsp	onion powder
1	tbsp	garlic powder
2	tbsp	fresh mint leaves (or dill), minced - if dry, use 1/2 the amount
2	tsp	fresh thyme leaves (or savoury), minced - if dry, use 1/2 the amount
		salt and pepper
		cooking spray

1. Combine all ingredients and mix well with by hand. If possible, allow the mixture to sit in the refrigerator 1-2 hours to combine the flavours.

Tip - use vinyl or latex gloves, then you don't need to worry about salmonella contamination on your hands.

2. Shape the meat mixture into oval patties, like hamburgers.

Tip - double the recipe, and after shaping into patties, freeze in a single layer then defrost patties individually later.

3. Pan fry in a non-stick pan, or broil until cooked thoroughly and no longer pink in the middle.
4. Serve with pita bread, tzatzki and a greek salad.

Makes about 10 four-ounce patties.