

JERK PORK BURGERS

| | | | | |
|---|-----|------------------------------------------------------------|-----|----|
| 1 | lb | LEAN GROUND PORK | 0.5 | kg |
| 1 | | egg, beaten | 1 | |
| ¼ | cup | bread crumbs | 50 | mL |
| 1 | | lime | 1 | |
| 2 | | cloves garlic, minced | 2 | |
| ½ | tsp | cayenne pepper | 2 | mL |
| ¼ | tsp | each crushed chilies, nutmeg, cinnamon, and salt | 1 | mL |
| 4 | | hamburger or kaiser buns | 4 | |

Place pork in a bowl. Add egg and bread crumbs and mix gently to combine. Grate rind from lime and measure out 2 teaspoons (10 mL). Squeeze out 1 tablespoon (15mL) lime juice. Add peel and juice to pork along with garlic, cayenne, crushed chilies, nutmeg, cinnamon and salt. Mix lightly with a fork to combine. Form mixture into 4 patties. Preheat barbecue on high. Reduce heat to medium. Grill patties 5-10 minutes per side. Always cook ground pork to well done. Serve in hamburger or Kaiser buns with your favourite condiments.

YIELD: 4 servings



www.pickpork.com

