# Octoberfest Burgers

*Recipe by Florida Department of Natural Resources, Bureau of Marketing and Extensions Services*

*Makes 6 servings*

## Ingredients

- 1 1/2 pounds skinless sea trout fillets, fresh or frozen
- 1 quart boiling water
- 1 Tbsp salt (for poaching)
- 3 eggs, beaten
- 1/3 cup grated Parmesan cheese
- 1 Tbsp chopped parsley
- 1 clove garlic, finely chopped
- 1/2 tsp salt
- 1/8 tsp pepper
- 1/2 cup dry bread crumbs
- Vegetable oil for frying
- 6 toasted sesame hamburger buns
- Tartar sauce

## Instructions

1. Thaw fish if frozen.
2. Add 1 Tbsp salt to boiling water. Place fillets in boiling salted water. Cover and return to boiling. Reduce heat and simmer for 7-10 minutes, or until fish flakes easily when tested with a fork.
3. Drain. Flake the fish.
4. In a medium bowl, combine eggs, cheese, parsley, garlic, salt, pepper, and flaked fish.
5. Chill for 2 hours.
6. Shape into 6 burgers and roll in bread crumbs.
7. Fry in hot oil at moderate heat and brown on one side. Turn carefully and brown on other side, cooking 6-8 minutes total.
8. Drain.
9. Place burger on bottom half of bun. Spread with tartar sauce and cover with top of bun.

**OCTOBERFEST BURGERS** **FLORIDA SEAFOOD**

Florida Department of Natural Resources
Bureau of Marketing and Extensions Services
3900 Commonwealth Blvd.
Tallahassee Florida 32303

1½ pounds skinless sea trout fillets, fresh/fro.
1 quart boiling water
1 tablespoon salt
3 eggs, beaten
1/3 cup grated Parmesan cheese
1 tablespoon chopped parsley
1 clove garlic, finely chopped
½ teaspoon salt
1/8 teaspoon pepper
½ cup dry bread crumbs

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Vegetable oil for frying
6 toasted sesame hamburger buns
tartar sauce

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