



Lipi Salmon Burger



Omega-3 burger

The burger is one of the American dishes that, for several years now, has caught on in our country as well. It is a one-pot, easy-to-eat dish, whether for a quick lunch break or a gourmet dinner.

Our nutr lipidomic proposal involves the use of ingredients embellished with one or more nutritional characteristics in line with the principles of membrane lipidomics (science that studies fats).

As protein, we choose the omega-3 marine king: salmon. As carbohydrate intake, a bun (sandwich) that combines the authenticity of ancient grains with that of oilseeds.

As a side dish, a salad enriched by pomegranate kernels, a fruit with antioxidant properties, thanks to the vitamins in which it is rich (vitamins A and C).

RICETTA NUTRI-LIPIDOMICA:

Lipi Salmon Burger

Ingredients

For 8 burger buns

- 300 gr W260 wheat flour
- 200 g Tumminia (or Timilia) flour
- 260 ml water
- 30 ml evo oil
- 20 ml high oleic sunflower oil
- 10 gr fresh brewer's yeast / 1 teaspoon dry yeast
- 11 gr salt
- 20 gr sugar
- A few tablespoons of milk (for brushing the rolls)
- 2 tablespoons seed mix (flax, sunflower and poppy)

Bun's stuffing

- Fresh salmon
- White onions
- Sugar to taste
- Apple vinegar to taste
- Extra-virgin olive oil to taste q.b.
- Salt to taste
- Chives to taste
- Pomegranate + salad misticanza

Preparation:

Make a small leaven with 100 g of flours mixed together, 100 ml of water and the yeast. Mix until a mushy mixture is obtained. Cover with plastic wrap and let rise for 1 h. Bubbles should form on the surface of the mixture.



- Images for illustrative purpose

After 1h has elapsed, add the rest of the flours, sugar, water to the yeast mixture. Knead using the planetary mixer. Once a fairly compact dough is obtained, add the oil in a trickle to make an elastic ball. Finally add the salt and continue kneading.

Form into a smooth ball and let rise in a container for about 3 h covering with plastic wrap, until it triples in volume.

After 3 h turn the dough out onto the work surface and divide into 100-110 g pieces. Round each ball until smooth. Allow to rise on a baking sheet lined with baking paper for about 40 min. Brush the surface with milk and sprinkle with the seed mix and let rise for another 30 minutes.

At this point, take the salmon slices, remove the skin (if any) and any bones. Cut into small pieces and transfer the fish flesh to a bowl or glass. Combine evo oil and chives (if desired) and blend with a food processor or chop with a knife finely.

Take a sheet of baking paper and divide it in half. Lay a round baking cup on one half and pour in the blended salmon; press down with the other half of the sheet of baking paper to compact well.

Before baking the salmon burgers, it is advisable to let them rest in the refrigerator for about 30 minutes so that they can keep their shape while baking.

Meanwhile, preheat the oven, in static mode, to 180° and bake the buns. For the first 15 minutes, keep the pan in the middle part of the oven, then switch to the top rack. If they have not browned, set the grill to finish baking for 5 more minutes. Remove from the oven and allow to cool off the baking sheet.

Take a nonstick skillet, add a drizzle of oil and, when the oil is slightly hot, add the salmon burgers to be flipped halfway through cooking on both sides.

For the sweet tooth, caramelized onions can be added. To prepare them, peel the onions and cut them into thin rounds. Place the onions back into a nonstick pan and add a little water. Start cooking until they soften. Next add a dash of vinegar and a sprinkling of sugar to cover the onions. Allow to cook over low heat until the sugar has dissolved and blended with the onions.

To finish the dish, place a small salad with pomegranate seeds alongside the burger.

To read more about omega-3 nutritional intake and get new ideas to put into practice in the kitchen:

- The importance of DHA, omega-3 for all ages:
www.lipinutragen.it/en/omega-3-dha/
- Polyunsaturated fatty acids:
www.lipinutragen.it/en/polyunsaturated-fatty-acids/
- First course with sardines:
www.lipinutragen.it/en/sardines-natural-omega-3s/
- Flaxseed, properties and use in cooking:
www.lipinutragen.it/en/flax-seeds/

Article and recipe created by the Lipinutragen Editorial Group

The dietary advice in the article is not intended as a substitute for a personalized diet plan and is to be adapted to specific cases.

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