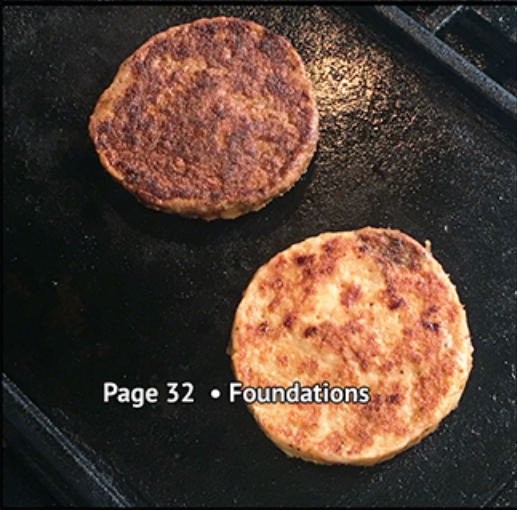




Dark Ground Turkey Hack

Adding a couple of extra seasonings to make ground turkey look like ground beef



Back in 2020, when I published the very first version of this cookbook, I had not yet thought about adding ingredients to my meat mixes to darken them. It never occurred to me. As a result, a LOT of the pictures of burgers in here will have burger patties which are lighter in color (before). About a year later, I started experimenting with adding additional flavorings which would not just make the burgers tastier, but also make the meat look more like ground beef. Using them is completely optional, but I wanted to touch on their use, as well as give some tips on mixing them into the meat.

Optional Add-ins for my Meat Mixes (for every 1lb of ground turkey)

- 1-2 tsp Unsweetened Cocoa powder, made into a paste with 2 tsp water
- 2 tsp 'DARK' soy sauce. This stuff is not regular soy sauce, it's actually called 'dark' soy sauce. It is used and discussed heavily in my Asian Cookbook.
- "Kitchen Bouquet, Browning & Seasoning Sauce". This stuff is available in a lot of supermarkets, or you can buy it online. It doesn't add as much flavor as 'dark' soy sauce, but it's loaded with dark food colorings, giving a dark/rich color to dishes.

Directions:

- 1 Prepare a 1 pound batch of any of my meat mixes, with the addition of any of the above mentioned additional add-ins, till thoroughly mixed.
- 2 Let the meat mix rest for 30 minutes. The mixture gets darker as it rests.

Notes:

- When I make burgers patties for myself, I personally like to add in 1tsp cocoa powder, made into a paste with 1 tsp of water. AS WELL AS adding 2 tsp of 'dark' soy sauce.
- Cocoa powder does not make the meat taste like chocolate, people! Unless you have a boat load of sugar in your meat. Unsweetened cocoa powder, on it's own, adds an earthy flavor to meat. The additional bit of water also helps add moisture into the ground turkey breast, which has very little moisture in it.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand dark soy sauce. Whatever you do, do NOT purchase 'mushroom flavored' dark soy sauce. 'Dark' soy sauce probably won't be available at your local grocery store. If you buy it online, it's still worth it. You'll use it a ton in my Asian recipes.
- **BEEF EATERS:** We all eat with our eyes first. Along with giving the burgers a little bit more flavor, the darker patties are simply better looking to people who aren't willing to try a 'diet burger'. It's also fun having people not believe you're eating ground turkey.
- **SODIUM!!!!:** If you are on a sodium restrictive diet, I would HIGHLY recommend using "kitchen boquet" instead of 'dark' soy sauce. 2 tsp of kitchen boquet has 20mg sodium, while 2tsp of dark soy sauce has between 550-700mg of sodium, depending on brand.