

Camille's Italian American Cooking

Veal Burgers

3 tablespoons extra-virgin olive oil
1/2 medium red onion, diced
1/2 medium red bell pepper, diced
2 garlic cloves, chopped
1/4 cup baby bell mushrooms, sliced
Kosher salt and freshly ground black pepper
1 1/2 pounds ground veal
1 tablespoon fresh basil, chopped
1 tablespoon fresh flat-leaf parsley, chopped
1/8 teaspoon crushed red pepper flakes
1/2 cup Parmigiano-Reggiano cheese, grated
1/4 cup seasoned bread crumbs
1 egg
Toasted burger buns
4 slices of fresh mozzarella cheese
Arugula leaves
1 large beefsteak tomato, sliced

In a sauté pan, warm olive oil and add red onion, red bell pepper, garlic, and baby bell mushrooms. Cook over medium heat until vegetables are tender. Season with salt and pepper. Remove vegetable mixture from pan and allow to cool. Add to ground veal and mix well. Add basil, parsley, Parmigiano-Reggiano cheese, bread crumbs, and egg. Mix all ingredients and form into four patties. Chill for forty-five minutes. Add oil to same sauté pan. Cook veal patties for three minutes on each side. Serve on buns with a slice of mozzarella cheese, arugula, and beefsteak tomato.