



## MEAT PATTIES

Makes 12 patties, 4 servings.

These nicely seasoned patties are a welcome change from hamburgers. I serve them with rice noodles. You can also serve them with warmed pita, sliced onions and coarsely chopped tomatoes.

### INGREDIENTS

- ½ cup pine nuts
- 1 cup tightly packed flat leaf parsley, plus some for garnish
- 2 shallots, quartered
- 2 teaspoons ground cumin
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 pound ground meat, a blend of half veal and half beef ground together

### TO ASSEMBLE AND BAKE THE DISH

1. In a food processor place the pine nuts, parsley, shallots, cumin, salt, pepper and 1 tablespoon oil. Pulse until coarsely chopped. Add the meat and pulse until thoroughly combined.
2. Form into 12 patties (about 2 tablespoons each).
3. In a 12-inch nonstick skillet with a cover, heat 2 tablespoons oil and sauté the patties over medium high heat, covered, until well browned and cooked through, about 3 minutes on each side. Serve garnished with finely chopped parsley.

**NOTE**

You may want to moisten your hands when forming the patties to minimize the sticking.