



Presents



Feta-Stuffed Sliders with Tahini-Yogurt Sauce

Presented June 15, 2013 by Lynne Curry

Ingredients:

Yogurt Sauce:

- 3/4 c. (5 oz.) plain Greek yogurt
- 2 tbsp. tahini (stirred until smooth)
- 1 garlic clove, minced
- 2 tsp. lemon juice
- 1/8 tsp. salt
- 1/4 c. finely chopped fresh mint

Sliders:

- 1 c. bulgur
- 1/2 c. grated onion
- 1 1/2 tsp. ground cumin
- 1 1/4 tsp. salt
- 1 tsp. sweet paprika
- 1/8 tsp. cayenne
- 1 1/2 lbs. ground beef, 75-85% lean
- 2 oz. feta cheese
- 2 tbsp. coarsely ground sumac (optional)
- 5 pita breads, quartered

Stir together yogurt, tahini, garlic, lemon juice, salt, and mint in a small serving bowl until well blended. Thin with 1 tbsp. cool water to make 1 cup. Taste for lemon juice and salt and set it aside. (Make this up to 1 day ahead and store it in the refrigerator overnight, then let it sit at room temperature for 1 hour before serving.)

Bring a teakettle of water to a boil. Put the bulgur in a large mixing bowl and stir in 1 cup boiling water. Cover the bowl with plastic wrap and leave it to swell and absorb all the water, about 15 minutes. Add the onion, cumin, salt, paprika, and cayenne to the bulgur and stir to combine. Break up the ground beef into the bowl and gently mix with a rubber spatula or your hands to blend it thoroughly.

Preheat the oven to 350°F and lightly grease a baking sheet. Break the feta cheese into marble-sized pieces to have enough for each slider. Use a 1/4 c. measuring cup to portion the ground beef mixture. Dampen your hands and shape the portions into balls, and use your thumb to press the feta into the center. Shape the balls into 3/4-inch patties about 2 1/2 inches wide and space them on the baking sheet. You'll have 18 to 20 sliders.

Bake the patties until they are walnut brown, 15 to 17 minutes and remove them with a metal spatula (the bulgur tends to grab a little bit). Alternatively, pan-fry them in 1 tablespoon of olive oil in a skillet over medium-high heat or grill them over a preheated medium-hot charcoal or gas grill for 3 to 3 1/2 minutes per side. To serve the sliders, sandwich each one inside a pita triangle with a sprinkle of sumac and a spoonful of the yogurt sauce.