

## May 2016 TV Recipes- National Burger Month

# EAST MEETS WEST BURGERS

Total Recipe Time: 30 to 40 minutes

Makes 4 servings

- 1-pound Ground Beef (95% lean)
- 1/4 cup soft whole wheat bread crumbs
- 1 large egg white
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 whole wheat hamburger buns, split

### Sesame-Soy Mayonnaise:

- 1/4 cup light mayonnaise
- 1 tablespoon thinly sliced green onion, green part only
- 1/2 teaspoon soy sauce
- 1/4 teaspoon dark sesame oil
- 1/8 teaspoon ground red pepper

### Slaw Topping:

- 1/2 cup romaine lettuce, thinly sliced
- 1/4 cup shredded red cabbage
- 1/4 cup shredded carrot
- 1 teaspoon rice vinegar
- 1/4 teaspoon black pepper

1. Combine Sesame-Soy Mayonnaise ingredients in small bowl; refrigerate until ready to use.
2. Combine Slaw Topping ingredients in small bowl, set aside.
3. Combine Ground Beef, bread crumbs, egg white, salt and 1/8 teaspoon black pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
4. Place patties on grid over medium ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. About 2 minutes before burgers are done, place buns, cut sides down, on grid. Grill until lightly toasted.
5. Spread equal amount of mayonnaise on bottom of each bun, top with burger. Evenly divide Slaw Topping over burgers. Close sandwiches.

**Cook's Tip:** To make soft bread crumbs, place torn bread in food processor or blender container. Cover; process, pulsing on and off, to form fine crumbs. One and one-half slices makes about 1 cup crumbs. **Cook's Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.

*Nutrition information per serving: 348 calories; 15 g fat (4 g saturated fat; 3 g monounsaturated fat); 7 mg cholesterol; 621 mg sodium; 26 g carbohydrate; 3.9 g fiber; 28 g protein; 6.9 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 2.1 mcg vitamin B<sub>12</sub>; 3.8 mg iron; 41.9 mcg selenium; 6.4 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of fiber.*

## CALYPSO BEEF BURGERS

Total Recipe Time: 25 to 30 minutes

Makes 4 servings

- 1-pound Ground Beef
- 1/4 cup mango chutney
- 2 teaspoons Caribbean jerk seasoning
- 4 fresh or canned pineapple slices, cut 1/2 inch thick
- 4 Kaiser rolls or hamburger buns, split
- 4 slices sharp Cheddar cheese

1. Combine Ground Beef, chutney and jerk seasoning in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.



- Place patties in center of grid over medium, ash-covered coals; arrange pineapple slices around patties. Grill, uncovered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Grill pineapple, uncovered, 8 minutes or until heated through. (Gas grilling times remain the same.) About 2 minutes before burgers are done, place rolls, cut sides down, on grid. Grill until lightly toasted. During last minute of grilling, top each burger with cheese.
- Place 1 burger and pineapple slice on bottom of each bun. Close sandwiches.

**Cook's Tip:** If using 95% lean Ground Beef, add 1/4 cup soft bread crumbs and 1 egg white to ingredients in step 1.  
**Cook's Tip:** If fruit chunks in chutney are large, use kitchen shears to snip them into smaller pieces. **Cook's Tip:** Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

*Nutrition information per serving, using 95% lean ground beef: 480 calories; 18 g fat (8 g saturated fat; 3 g monounsaturated fat); 88 mg cholesterol; 890 mg sodium; 46 g carbohydrate; 2.2 g fiber; 34 g protein; 7.8 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.1 mcg vitamin B<sub>12</sub>; 4.9 mg iron; 42.9 mcg selenium; 6.1 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.*

## OKTOBERFEST BEEF BURGERS

Total Recipe Time: 30 to 35 minutes

**Makes 4 servings**

- 1 recipe **German-Style Beef Sausage** (recipe follows)
- 4 slices Swiss cheese (3/4 ounce each)
- 4 teaspoons German-style coarse grain mustard
- 4 pretzel rolls, split, warmed

### **Sauerkraut:**

- 3 cups coleslaw mix
- 2 tablespoons water 2 tablespoons white vinegar
- 1/2 teaspoon brown sugar
- 1/4 teaspoon salt
- 1/8 teaspoon caraway seed



- Combine Sauerkraut ingredients in medium saucepan. Bring to a boil over medium-high heat. Reduce heat; cover and cook 8 to 11 minutes or until cabbage is tender, stirring occasionally. Set aside.
- Meanwhile, prepare German-Style Beef Sausage. During last 1 to 2 minutes of cooking, top burgers with cheese. Spread mustard on bottom of rolls; top with burgers and evenly with Sauerkraut. Close sandwiches.

**German-Style Beef Sausage:** Combine 1-pound Ground Beef (93% or leaner), 1/4 cup 2% reduced-fat milk, 2 cloves minced garlic, 1 teaspoon ground mace, 1 teaspoon pepper, 1/2 teaspoon salt and 1/4 teaspoon each ground coriander and ground allspice in large bowl, mixing lightly but thoroughly. Lightly shape sausage mixture into four 1/2-inch patties. Heat large nonstick skillet over medium heat until hot. Add patties; cook 10 to 12 minutes or until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.

**Cook's Tip:** Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

*Nutrition information per serving, using 93% lean Ground Beef: 532 calories; 20 g fat (8 g saturated fat; 3 g monounsaturated fat); 91 mg cholesterol; 974 mg sodium; 51 g carbohydrate; 2.9 g fiber; 37 g protein; 6.1 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.2 mcg vitamin B<sub>12</sub>; 4.9 mg iron; 17.8 mcg selenium; 5.8 mg zinc; 81.6 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of fiber and choline.*

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# Mexican Cheeseburgers

Total Recipe Time: 25 minutes

Makes 4-6 servings

- 1 ¼-pound lean Ground Beef (90% or leaner)
- 1 large egg
- ¼ cup cornmeal
- ½ cup chunky salsa
- ¼ cup grated sharp cheddar cheese
- 3 tablespoons canned diced green chilies, drained
- ¼ cup chopped fresh cilantro
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon smoked paprika
- ½ teaspoon cumin
- ½ teaspoon table salt
- ¼ teaspoon freshly ground black pepper

**Topplings:** Fresh guacamole, grilled onions, cheddar cheese slices, tomato, lettuce, extra salsa

1. In a large bowl gently mix all ingredients together. Shape into 4 to 6 patties.
2. Place patties on grid over medium ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
3. Top burgers with suggested toppings.

Recipe courtesy of [ChewOutLoud.com](http://ChewOutLoud.com).



# Hungry Hawaiian Burger

Total Recipe Time: 45 minutes

Makes 6-8 burgers

- 2 pounds Ground Beef (80/20)
- Salt and pepper, to taste
- 2 tablespoons butter
- Mushrooms, sliced (any variety will do)
- 1 can sliced pineapples, drained
- 1 recipe **Homemade Teriyaki Sauce**
- Havarti cheese, sliced
- Sesame buns
- Romaine lettuce

1. Season Ground Beef with salt and pepper. Shape ground beef into ½-inch thick patties. Set aside.
2. Sauté mushrooms in 2 tablespoons butter, adding a pinch of salt and pepper while cooking. Don't overcook; just until soft. Remove from heat and set aside. Make **Homemade Teriyaki Sauce** (recipe follows), and set aside.
3. Place patties in center of grid over medium, ash-covered coals; arrange pineapple slices around patties. Grill, uncovered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Grill pineapple, uncovered, 8 minutes or until heated through. (Gas grilling times remain the same.) About 2 minutes before burgers are done, place rolls, cut sides down, on grid. Grill until lightly toasted. During last minute of grilling, top each burger with cheese.
4. To assemble, top bottom of bun with lettuce, grilled pineapple slice, burger with cheese, sautéed mushrooms and drizzle with Teriyaki Sauce.

## Homemade Teriyaki Sauce

- ½ cup Kikkoman Teriyaki Sauce
- ½ cup water
- ¼ cup white sugar



- ¼ cup brown sugar
- Juice from 2 fresh orange wedges
- 1 ½ tablespoons cornstarch, dissolved in 1 tablespoon water
- Dash of ground ginger

1. Whisk together all ingredients for teriyaki sauce in small saucepan, mixing well. Cook on medium heat, stirring continuously, until it just starts to reach a boil. Taste and add a bit more sugar if needed. Remove from heat and set aside until ready to use.

**Cook's Tip:** Teriyaki sauce can be stored in an air-tight container in the refrigerator.

Recipe courtesy of [ChewOutLoud.com](http://ChewOutLoud.com).

## Fried Mozzarella and Caramelized Peach Caprese Burger with Balsamic Drizzle

Total Recipe Time: 45 minutes

Makes 4 burgers or 6-8 sliders

- 1-pound Ground Beef (80/20)
- 2 tablespoons balsamic vinegar
- Salt and pepper, to taste
- 12-ounces fresh mozzarella, sliced into 8 thick round slices
- 1 cup Panko bread crumbs
- ¼ cup flour
- 1/3 cup parmesan cheese
- ½ teaspoon salt and pepper
- ¼ teaspoon cayenne
- 2 eggs, beaten
- 2 tablespoons olive oil
- 4 large peaches, ripe, but firm, sliced into ¼" rounds
- 1 tablespoon honey or brown sugar
- 4 brioche or pretzel buns, toasted
- **Balsamic Drizzle** (recipe follows)



1. Make **Balsamic Drizzle**. Add ½ cup balsamic vinegar and 1 teaspoon brown sugar to a small saucepan and bring to a boil. Reduce to a very low simmer and cook for 10-15 minutes, until liquid is reduced by about half and is slightly syrupy. Remove from heat; pour vinegar in a bowl or glass to pour. Set aside to cool and thicken.
2. Lightly shape the ground beef into four ½-inch thick patties. Place the patties on a plate and drizzle with 2 tablespoons balsamic vinegar, and salt and pepper to taste.
3. In a large bowl combine Panko, flour, parmesan, salt, pepper and cayenne. In a small bowl, lightly beat the eggs. Take each slice of fresh mozzarella and coat it in the beaten egg, then dredge it through the bread crumb mixture, pressing on both side to adhere. Repeat with the remaining slices.
4. Drizzle the peaches with honey, or sprinkle with brown sugar.
5. Place beef patties in center of grid over medium, ash-covered coals; arrange peach slices around patties. Grill, uncovered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Grill peaches, uncovered, 8 minutes or until heated through. (Gas grilling times remain the same.) About 2 minutes before burgers are done, place rolls, cut sides down, on grid. Grill until lightly toasted.
6. While burgers and peaches are grilling, heat a large skillet over high heat. Add 2-tablespoons of olive oil to the skillet. Fry the coated mozzarella, turning carefully once or twice, until golden and cheese begins to melt but still retains its shape; about 1 minute per side. Drain on paper towels.
7. To assemble, divide the burgers among buns, Top with a couple fresh basil leaves, a slice of fried mozzarella and a couple slices of caramelized peaches. Drizzle with balsamic glaze.

Recipe courtesy of [HalfBakedHarvest.com](http://HalfBakedHarvest.com).