

summer

get grilling

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Grilling!

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The Art of Burgers

One of the first familiar summer scents is the unmistakable aroma of a charcoal fire cooking our all time favorite American classic sandwich...the BURGER.

One of the reasons Americans love hamburgers so much is because anything goes. From mini sliders to giant quarter pound burgers, everyone craves the mouthwatering combination of juicy meat, a soft bun, and fresh toppings.

There are numerous toppings and savory sauces to choose from, allowing people to be creative and put together their very own concoctions depending on what they're in the mood for. The possibilities are endless; some of the most popular toppings are bacon, ketchup, lettuce, mushrooms, tomato, mayo, BBQ sauce, cheeses of all kinds, onions, pickles, and mustard.

One item you may not consider putting on your burger is ham. Did you ever wonder why they're called hamburgers when they aren't made with ham? It's been said that the first hamburger was made in Hamburg, Germany, which would account for its name, but who actually invented the first hamburger remains a mystery and has been debated for years.

Some say the first burger was invented by a group of nomadic people called the Tartars, who tenderized their beef by placing it under a horse's saddle, flattening it into a patty. Others say hamburgers were invented by German immigrants who traveled to the United States during the 19th century bringing their favorite meal with them, a Hamburg Style Beef, which was a raw, chopped piece of beef. It's also been reported that the first burger in American history was served in the late 1800s in New Haven, Connecticut, at a sandwich shop called Louis' Lunch. Others claim Americans placed the first cooked beef patty on a roll at the St. Louis World's Fair in 1921.

Even though who first invented these delicious stacked beef sandwiches remains hazy, one thing everyone agrees on is that we love them. Who can argue that hamburgers remain one of America's favorite foods today? From our backyard grills to well-known restaurant chains like McDonald's, Red Robin, White Castle, and Burger King, people are loving and eating burgers of all sizes and varieties.

Burgers are usually made with beef, but people also use ground pork and turkey. Not to be left out, vegetarians even enjoy burgers but they eat veggie burgers, which are a popular twist on the regular burger and are made with ground up vegetables and flattened into a patty.

Here are some unique and delicious burger recipes and sauces to try this summer:

pre-*pare* 15 minutes, plus 1 hour chilling

cook 25-35 minutes **serves** 4-6

Fresh tuna, chili, and mango are united in a totally modern burger. Tuna is best eaten slightly pink as it can be rather dry if overcooked. It is also important that the burgers are piping hot before serving.

fresh tuna burgers with mango salsa

ingredients

8 oz/225 g sweet potatoes, chopped
salt
1 lb/450 g fresh tuna steaks
6 scallions, finely chopped
6 oz/175 g zucchini, grated
1 fresh red jalapeno chili, seeded and finely chopped
2 tbsp prepared mango chutney
1 tbsp corn oil



mango salsa

1 large ripe mango, peeled and seeded
2 ripe tomatoes, finely chopped
1 fresh red jalapeno chili, seeded and finely chopped
1 1/2-inch/4-cm piece cucumber, finely diced
1 tbsp chopped fresh cilantro
1-2 tsp honey

one Cook the sweet potatoes in a pan of lightly salted boiling water for 15-20 minutes, or until tender. Drain well, then mash and place in a food processor. Cut the tuna into chunks and add to the potatoes.

two Add the scallions, zucchini, chili, and mango chutney to the food processor and, using the pulse button, blend together. Shape into 4-6 equal-size burgers, then cover and let chill for 1 hour.

three Meanwhile make the salsa. Slice the mango flesh, reserving 8 good slices for serving. Finely chop the remainder, then mix with the tomatoes, chili, cucumber, cilantro, and honey. Mix well, then spoon into a small bowl. Cover and let stand for 30 minutes to allow the flavors to develop.

four Heat a heavy-bottom skillet and add the oil. When hot, add the burgers and cook over medium heat for 4-6 minutes on each side or until piping hot. Serve.

pre-*pare* 12 minutes, plus 1 hour chilling

cook 20-30 minutes **serves** 4

Mixing some bacon into the ground chicken suffuses the burgers with extra flavor and ensures that they stay wonderfully succulent. Just go easy on the salt when you are seasoning the mixture.

chicken and bacon burgers

ingredients

12 oz/350 g Canadian bacon slices, rind removed
1 1/2 cups fresh ground chicken
6 shallots
2-4 garlic cloves
1 tbsp tomato paste
1 tbsp chopped fresh parsley
salt and pepper
2 tbsp whole-wheat flour
1 tbsp corn oil



one Preheat the broiler to high. Cook 8 oz/225 g of the bacon under the hot broiler for 5-8 minutes, or until crisp. Remove and let cool.

two Place the broiled bacon in a food processor and add the ground chicken, shallots, and garlic. Using the pulse button, chop finely. Add the tomato paste, parsley, and salt and pepper and process for 1-2 minutes, or until blended. Scrape onto a board and shape into 4 equal-size burgers. Coat in the flour, then cover and let chill for 1 hour.

three Heat a heavy-bottom skillet and add the oil. When hot, add the burgers and cook over medium heat for 5-6 minutes on each side or until thoroughly cooked through. Meanwhile, preheat the broiler again and cook the remaining bacon for 5-8 minutes, or until crisp. Serve.

pre-*pare* 8 minutes, plus 30 minutes' chilling

cook 6-10 minutes **serves** 4

Handle fresh chilies with care. Using a small sharp knife, slit the chili down its length and scrape out the seeds and membrane. Place the chili on a board and chop. Wash your hands thoroughly.

chili burgers with cilantro and scallions

ingredients

7 oz/200 g canned red kidney beans, drained and rinsed
1 lb/450 g best ground steak
1-2 fresh red chilies, such as jalapeno, seeded and chopped, or to taste
2-4 garlic cloves, crushed
6 scallions, chopped
1 tbsp chopped fresh cilantro
salt and pepper



salsa

3 ripe tomatoes, peeled and finely chopped
1 small ripe avocado, peeled, pitted, and mashed
4 scallions, finely chopped
1 fresh red jalapeno chili, seeded and finely chopped
1 tbsp chopped fresh cilantro

one Place the kidney beans in a food processor and blend for 1 minute.

two Add the ground steak, chilies, garlic, scallions, cilantro, and salt & pepper to the food processor and blend for an additional 2 minutes. Shape into 4 equal-size burgers, then cover and let chill for 30 minutes.

three Meanwhile, make the salsa. Mix the tomatoes, avocado, scallions, chili, and cilantro together. Place in a small bowl, cover, and let stand for at least 30 minutes to allow the flavors to develop.

four Heat a nonstick skillet until hot. When hot, add the burgers and cook over medium heat for 3-5 minutes on each side, until golden or until cooked to personal preference. Serve with the salsa.

pre-*pare* 10 minutes, plus 1 hour chilling

cook 25-35 minutes **serves** 4-6

In this recipe the burgers have a smooth texture, but if you prefer them to be chunkier, blend the mixture only briefly and do not peel the bell peppers.

yam and red bell pepper burgers

ingredients

8 oz/225 g yam, peeled and cut into chunks
salt and pepper
14 oz/400 g canned chickpeas, drained
2 red bell peppers, seeded and peeled
2-3 garlic cloves, crushed
1/2 cup pitted black olives
2 tbsp sesame seeds
1 tbsp chopped fresh cilantro
2 tbsp whole-wheat flour
2 tbsp corn oil



one Cook the yam in a pan of lightly salted boiling water for 15-20 minutes, or until tender. Drain well and place in a food processor.

two Add the chickpeas, red bell peppers, garlic, olives, sesame seeds, cilantro, and salt and pepper to the yam in the food processor and, using the pulse button, blend together. Shape into 4-6 equal-size burgers, then coat in the flour. Cover and let chill for 1 hour.

three Heat a heavy-bottom skillet and add the oil. When hot, add the burgers and cook over medium heat for 5-6 minutes on each side or until cooked and piping hot. Serve.