

Julia's Method for Cheeseburgers

I watched an old episode of *Cooking with Jacques and Julia*, on the topic of beef, and they demonstrated their methods for making hamburgers, so I decided to give Julia Child's method a try for dinner last night. The result was really good.

1 lb. ground beef (85/15)

1 shallot diced

1 tablespoon butter

4 poppy seed kaiser rolls

salt and pepper

optional toppings : arugula, cheese, bacon, sliced tomato, ketchup, etc.

Saute the shallot in the butter until translucent, and set aside. Separate the beef into 4 equal parts. Work each part into a rough, thin patty, $\frac{1}{2}$ inch thick, using a chopping motion with the back of a knife, working in a quarter of the sauteed shallot and salt and pepper. It's not crucial that the resulting patty is perfectly round. Fry the patties on a cast iron griddle for 2 or 3 minutes per side. When you flip each over, you can add the cheese to get it melted. Remove from the heat and let rest. Meanwhile, spread a little butter or oil on the cut sides of the kaiser roll, and toast on the griddle.

Salmon Fritters

If you're feeling rich and extravagant, replace the canned salmon with fresh chopped salmon, or lump crab meat.



5 green onions, finely chopped
½ sweet red pepper, finely chopped
1t garlic powder
¼c mayonnaise
1 egg, beaten
6 oz. flaked salmon (canned or in those foil packages)
1/3rd c corn flake coating or bread crumbs plus extra for coating
pinch of cayenne
juice from ½ a lemon

Mix all of this up in a bowl, and then make 4 balls, about the size of a golfball. Roll them around in more corn flakes/bread crumbs. Just before frying, flatten the balls to make patties. Fry in butter over medium heat, 3-4 minutes on each side.

Update, May 17 : I just made these for lunch today, using some leftover pan-fried salmon from the other night, and thought they were far superior to the packaged salmon I used last time. I didn't explicitly point it out, but if you use fresh salmon, you might be able to get away with using it raw, if you chop it into small pieces, but even cooked salmon works well with this recipe.

Hamburgers

I made hamburgers for dinner last night. A pound of 85/15 ground beef, a small diced onion, some finely diced herbs like rosemary and parsley, some of my favorite smoky paprika mix, salt, pepper, maybe a little steak sauce ... and here's where I may lose you. Trader Joes sells canned roasted beef in beef broth, straight from Brazil. It's a lot like canned tuna, but with beef. I don't think I'd eat it straight, but I've seen them have cans of it open for sampling at TJ's, and it's perfectly edible. I used to buy the premade pot roast in the boil bags that they have near to packaged mac & cheese in the grocery store for this purpose, but this canned beef is just as good, and costs a half as much (\$3?), with no left overs. Adding it adds a beefy flavor and stretches a pound of hamburger to 6 good sized burgers easily. I chop up the beef chunks even more than they are in the can, and add it to the ground beef, and mix well.



Another thing I do is avoid the thick, meatball-like burgers. I make mine thin, thin, thin. One or two minutes on a side, and then let them rest for a few minutes while I prepare the condiments. Usually in a pita with spring salad mix, and a few drops of mayo or ketchup. Jarred fried italian sweet peppers are really good on burgers, too, especially if you've put some provolone on to melt.

What do you like to put on your burger?