

DSAT Virtual Class

Monday, July 20

Juicy Oven Baked Burger and Potato Salad

Ingredients:

Makes 4 big and 6 medium burgers.

1 1/2 pounds ground beef (equal parts regular and lean is best!) OR 1 1/2 pounds of freshly ground chuck (you need to go to a butcher, and you might have to order it a day in advance, but it has the perfect fat to lean ratio for burgers). Locally: Royal Beef, Meat Department, Stock and Trade.

2 teaspoons steak sauce or barbecue sauce

1/2 teaspoon Worcestershire Sauce

1 teaspoon salt

1/4 teaspoon black pepper (freshly ground)

1/8 to 1/4 teaspoon garlic powder

1/8 to 1/4 teaspoon cayenne pepper

The Buns:

6 hamburger buns (split and lightly toasted):

Consider Brioche Buns, Potato Bun or fresh baked buns.

Optional: brush melted unsalted butter on top or lightly grill the top in a pan with melted butter.

Fixings:

- pickled onions (see recipe)
- dill pickles
- mayo
- Cheese: American, Smoked Cheddar, Old Cheddar etc.
- Bacon
- Caramelized Onions (see recipe)
- hot pepper
- lettuce
- tomato
- cucumbers

Directions:

1. Preheat oven to 400 degrees.
2. Combine all the ingredients and form into six patties.
3. Place a heavy frying pan on the stove and set the heat to high. Allow a few minutes to heat up.

4. Sear the burgers for 2 minutes per side.
5. Put the burgers into the oven and cook for 10-15 minutes or until the internal temperature is 160 degrees fahrenheit.
6. Top with your favourite condiments.

Taken from spruceeats.com

Potato Salad

Serves 4

3-4 cups mini new potatoes
3-4 eggs
½ cup mayonnaise
½ cup sour cream
1-2 Kosher dill pickles cut into cubes
2-3 tablespoons of fresh dill
1 tablespoon of cider vinegar
salt and pepper to taste

Directions:

Put potatoes and eggs into a pot and cover with at least 6 inches of water. Add a generous toss of salt. Bring to boil and allow to simmer for 8-10 minutes, until the potatoes can be poked easily with a fork.

Drain the potatoes and eggs. Shell the eggs and cut into quarters.

In a large bowl, add the eggs, potatoes, dill pickles and dill. In a small bowl mix together sour cream, mayonnaise and vinegar. Pour the mayo mixture over the potato mixture and toss.