

June 1, 2016

Big, Bold Burgers for the BBQ

Barbecue season is in full swing! While it's hard to beat a juicy, beef burger fresh off the grill, sometimes you just want to switch things up and bring a little more excitement to your next barbecue.

Fresh from our new From the Grill cookbook comes our Korean Pork Sliders. These Asian-inspired burgers are flavoured with garlic, green onions, honey and soy sauce, and served on soft, steamed buns slathered with scallion-ginger mayo and topped with spicy kimchi.

Bison is naturally leaner than beef, so to add richness to our Bison Burgers with Maple Shallots, we grate white cheddar right into the patty. For our Maple Shallots, we slowly caramelize shallots, then stir in butter and maple syrup for a saucy, sweet and decadent topping.

For something a little lighter, try our Asian Turkey Burgers. Fresh cilantro, mint, basil and lime juice make it an aromatic, summery burger.

KOREAN PORK SLIDERS

Ingredients:

½ cup mayonnaise
2 tbsp rice vinegar, divided
1½ tbsp thinly sliced green onion
1 tsp liquid honey
¼ tsp ground ginger
⅛ tsp garlic powder
2 lb (1 kg) lean ground pork
¼ cup thinly sliced green onions
3 cloves garlic, finely chopped
1½ tbsp soy sauce
1 tbsp liquid honey



1 tbsp sesame seeds
1½ tsp freshly ground pepper
1½ tsp sesame oil
10 steamed slider buns
1¼ cups drained kimchi

Method:

1. Combine mayonnaise 1 tbsp vinegar, 1½ tsp green onion, 1 tsp honey, ginger and garlic powder until blended. Refrigerate until serving.
2. Combine pork, ¼ cup green onions, garlic, soy sauce, 1 tbsp honey, remaining 1 tbsp vinegar, sesame seeds, pepper and sesame oil. Shape mixture into 10 patties. Cover and refrigerate for at least 1 hour or up to 4 hours.
3. Grill patties over medium heat on natural gas barbecue until completely cooked.
4. Dividing equally, spread mayonnaise mixture on each steamed slider bun. Top buns with patties and kimchi, dividing equally. *Makes 10.*

Our Steamed Slider Buns can be used with this burger. The recipe can be found online at ATCOBlueFlameKitchen.com.

BISON BURGERS WITH MAPLE SHALLOTS

Ingredients:

2 lb (1 kg) lean ground bison
¾ cup shredded white cheddar cheese
1 tbsp Dijon mustard
1 clove garlic, finely chopped
1 tsp salt
1 tsp freshly ground pepper
6 hamburger buns
Maple Shallots (recipe below)

Method:

1. Combine bison, cheese, mustard, garlic, salt and pepper. Shape mixture into 6 patties.
2. Grill patties over medium heat on natural gas barbecue until completely cooked.
3. Serve in buns with Maple Shallots. *Makes 6.*

Maple Shallots

- 1 tsp canola oil
- 4 cups sliced shallots
- 2 tbsp salted butter
- 1 tbsp maple syrup
- 1/4 tsp salt

1. Heat oil in a large non-stick frypan over medium heat.
2. Add shallots and cook, uncovered, stirring occasionally, until golden brown, about 8 - 10 minutes.
3. Remove from heat and stir in butter, maple syrup and salt, stirring until butter is melted. *Makes 2 cups.*

ASIAN TURKEY BURGERS

Ingredients:

- 1 lb (0.5 kg) ground turkey
- 1/2 cup (125 mL) fresh bread crumbs
- 1/4 cup (50 mL) chopped fresh cilantro
- 1/4 cup (50 mL) chopped fresh mint
- 1/4 cup (50 mL) chopped fresh basil
- 1 clove garlic, crushed
- 1 tbsp (15 mL) lime juice
- 1 tbsp (15 mL) soy sauce
- 2 tsp (10 mL) sugar
- 1/4 tsp (1 mL) salt



1/4 tsp (1 mL) hot pepper sauce
4 hamburger buns or hamburger-style pita bread
Lettuce leaves and sweet pickle slices

Method:

Combine first 11 ingredients (turkey through hot pepper sauce). Shape mixture into 4 patties. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with lettuce and pickles. *Serves 4.*