

## Beer Mustard

*Mustard has always been a favorite burger condiment. Add beer and it's even better. The darker the beer that you use, the more intense the flavor will be.*

In a nonreactive bowl, whisk together the mustard, beer, vinegar and salt until smooth. Cover and let stand for at least 2 hours or up to overnight.

Transfer the mixture to a nonreactive saucepan and set over medium-high heat. Whisk in the sugar, mustard seeds and egg, whisking constantly until the mixture reaches a full boil. The mustard should be amber-yellow and strong. Let cool.

Use immediately, or transfer to an airtight container, cover and refrigerate for up to 1 month. Makes about  $\frac{3}{4}$  cup.

Adapted from Williams-Sonoma *On the Grill*, by Willie Cooper (Oxmoor House, 2009).

## Homemade Mayonnaise

*Homemade mayonnaise tastes much better than the jarred variety and is easy to prepare. Be sure to add the oil in a slow, steady stream so that a creamy emulsion will form.*

In a glass bowl, combine the lemon juice, egg and egg yolk. Using an immersion blender, pulse the mixture several times until smooth. With the blender running, add the oil in a slow, steady stream and process until smooth. Season with salt.

Transfer the mayonnaise to a small bowl, cover and refrigerate until ready to serve. Makes about 1½ cups.

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**Mayonnaise Variations:** Delicious plain, homemade mayonnaise is easy to embellish with seasonings and other ingredients to create a flavored variation that will really stand out as a burger topping. Prepare the mayonnaise as directed above, then whisk in the additions of your choice (listed at right). For another easy variation, combine equal portions of homemade mayonnaise with pesto or tapenade.

### Ingredients for Beer Mustard

$\frac{1}{2}$  cup dry mustard

$\frac{1}{2}$  cup amber or dark beer

2 Tbs. cider vinegar

$\frac{1}{2}$  tsp. salt

$\frac{1}{4}$  cup sugar

1 Tbs. mustard seeds, toasted

1 egg, beaten

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### Ingredients for Homemade Mayonnaise

2 Tbs. fresh lemon juice

1 whole egg plus 1 egg yolk, at room temperature

1½ cups canola oil

$\frac{1}{4}$  tsp. salt, or to taste

## Mayonnaise Variations

### For lemon-chive mayonnaise:

10 Tbs. fresh lemon juice

6 Tbs. snipped fresh chives

2 Tbs. soy sauce

3 tsp. hot-pepper sauce

Freshly ground pepper, to taste

### For horseradish mayonnaise:

1 tsp. whole-grain mustard

2 garlic cloves, minced

3 Tbs. prepared horseradish

### For romesco mayonnaise:

1 Tbs. minced garlic, made into a paste with a little coarse salt

1 cup sliced almonds, toasted and chopped

$\frac{1}{2}$  cup seeded and finely chopped drained canned plum tomatoes

$\frac{1}{2}$  tsp. cayenne pepper

$\frac{1}{4}$  cup tomato puree

$\frac{1}{4}$  cup red wine vinegar

Salt and freshly ground black pepper, to taste

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# Technique Class: Better Burgers

A juicy grilled hamburger sandwiched inside a toasted bun is a perennial favorite at barbecues, yet there's so much more you can do with the basic burger. Dress it up with melted cheese, grilled onions, sliced tomatoes or whatever toppings you please. Or stuff beef burgers with a savory filling, such as crumbled bacon and blue cheese, before shaping into patties and grilling.

And think beyond beef. Try Moroccan-spiced turkey burgers tucked inside pita bread, or salmon burgers served with a side of vegetable slaw.

## Stuffed Burgers

*When stuffed with a savory filling, the basic burger takes on a whole new dimension. Here we feature four different fillings to choose from. The recipe calls for mixing the ground beef and hamburger seasoning in a large bowl. If desired, you can divide the beef and seasoning between 2 bowls for easier mixing. Be careful not to overmix the ingredients, as this can produce an unpleasantly dense burger.*

In a small bowl, stir together the filling ingredients of your choice. Set aside.

Place the ground beef in a large bowl and sprinkle with the hamburger seasoning. Using your hands, gently mix the ingredients together; do not overmix.

Divide the beef into 6 equal portions and shape each into a ball. Using your thumb, make a deep depression in each ball; do not push all the way through. Spoon about 1 Tbs. of the filling mixture into the depression. Gently shape the meat around the filling, sealing it inside. Using a burger press according to the manufacturer's instructions, or using your hands, form the balls into patties about 1 inch thick.

Put the red onion slices in a shallow bowl and toss with enough olive oil to lightly coat. Arrange in a nonstick grill basket. Set aside.

Prepare a medium-hot fire in a grill.

Place the grill basket on the grill. Cook, turning the onion slices once, until softened and slightly caramelized, 10 to 15 minutes total. Transfer to a plate and cover loosely with aluminum foil.

Place the burgers on the grill and cook, turning once, 5 to 7 minutes per side for medium, or until done to your liking.

Transfer each burger to the bottom half of a bun. Spread mayonnaise on the inside of each top bun. Top each burger with grilled onion slices, lettuce and tomatoes. Serve immediately. Serves 6.

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\* Available at Williams-Sonoma stores.

## Ingredients for Salmon Burgers with Vegetable Slaw

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**For the vegetable slaw:**

6 cups finely shredded mixed green and red cabbage

2 carrots, shredded

1 red bell pepper, seeded and chopped

3 green onions, both white and tender green portions, chopped

1 cup mayonnaise

¼ cup cider vinegar

2 Tbs. sugar

2 garlic cloves, minced

1 tsp. whole-grain mustard

Salt and freshly ground pepper, to taste

½ cup pine nuts

#### 1½ to 2 lb. salmon fillet, ground

1 cup fine dried bread crumbs

1 small cucumber, peeled, seeded and chopped

4 large shallots, chopped

½ cup chopped fresh flat-leaf parsley

6 onion rolls, split

### Ingredients for Classic Turkey or Chicken Burgers

**Ingredients for Classic Turkey or Chicken Burgers**

1½ lb. ground turkey or chicken

Salt and freshly ground pepper, to taste

¼ cup chicken stock

Spices and other flavorings of your choice

Olive oil or melted butter for brushing

6 sandwich rolls, split and lightly grilled

Accompaniments of your choice, such as shredded lettuce and dill pickles

## Salmon Burgers with Vegetable Slaw

*To grind salmon, cut it into chunks and pulse in a food processor until ground, taking care not to overprocess. Or ask your fishmonger to grind it for you.*

To make the vegetable slaw, in a large bowl, toss together the cabbage, carrots, bell pepper and green onions. In a small bowl, stir together the mayonnaise, vinegar, sugar, garlic and mustard to make a dressing. Add the dressing to the cabbage mixture and mix well. Season with salt and pepper. Cover and refrigerate for up to 3 hours. Just before serving, toast the pine nuts, add them to the salad and toss again lightly.

In a bowl, combine the salmon, bread crumbs, cucumber, shallots and parsley and mix lightly but thoroughly. Divide into 6 equal portions and shape each portion into a patty 3 inches in diameter and ¾ to 1 inch thick. Place on a plate, cover and refrigerate until ready to grill.

Prepare a medium-hot fire in a grill. Oil the grill rack or a flexible grill basket.

Arrange the salmon patties on the rack or in the basket over the hottest part of a charcoal fire or directly over the heat elements of a gas grill. Grill the patties, turning once, until cooked through when tested with a knife, 5 to 6 minutes per side. About 1 minute before the burgers are ready, place the onion roll halves, cut sides down, on an area of the grill with lower heat and toast lightly.

Place the bottoms of the onion rolls on individual plates. Top with the burgers and the tops of the rolls. Spoon the slaw on the side. Serve immediately. Serves 6.

Adapted from Williams-Sonoma *Essentials of Grilling*, by Denis Kelly, Melanie Barnard, Barbara Grunes & Michael McLaughlin (Oxmoor House, 2003).

## Classic Turkey or Chicken Burgers

*Turkey or chicken burgers satisfy a primal craving for meat without weighing you down. Use regular ground turkey or chicken, which is a mix of white and dark meat, as ground turkey or chicken breast is too lean for grilling.*

*Because turkey and chicken are mild in flavor, choose your favorite seasonings to add to this basic recipe. To give burgers an international flair, incorporate spices from specific parts of the world, such as an Italian chicken burger seasoned with basil, oregano and garlic.*

Put the ground turkey or chicken in a large bowl and generously season with salt and pepper. Add the stock, 1 Tbs. at a time, as needed to moisten the meat. Add any additional spices and flavorings of your choice. Using wet hands, gently work the seasoning and stock into the meat, working quickly to keep the meat cool and being careful not to overwork it.

Divide the meat mixture into 6 equal portions and form into patties 3½ to 4 inches in diameter and ¾ inch thick. Place on a plate, cover and refrigerate for 30 minutes.

Prepare a medium-hot fire in a grill. Brush and oil the grill grate.

Grill the burgers until nicely grill-marked, 2 to 3 minutes. Turn the burgers over, brush with olive oil or melted butter, and grill until nicely charred and cooked through, 4 to 6 minutes more. Serve the burgers on the grilled rolls with your favorite accompaniments. Serves 6.

Adapted from Williams-Sonoma *On the Grill*, by Willie Cooper (Oxmoor House, 2009).

## Turkey and Chicken Burger Variations

**Chicken-Parmesan Burger:** Incorporate 2 Tbs. chopped fresh basil, 1 Tbs. chopped fresh oregano and 1 tsp. garlic paste into the ground chicken mixture. About 1 minute before removing the burgers from the grill, top each with a slice of mozzarella cheese. Serve on toasted garlic buns with your favorite tomato sauce, more chopped basil and grated Parmesan cheese.

**Moroccan-Spiced Burger:** Incorporate 1 small finely diced yellow onion, ¼ cup chopped fresh mint, 2 finely chopped garlic cloves, 1 tsp. ground cumin and 1 tsp. ground coriander into the ground meat mixture. Serve on toasted pita bread with cucumber-yogurt sauce.

**Indian Curry Burger:** Incorporate 2 thinly sliced scallions, 2 Tbs. finely chopped fresh cilantro, 1-inch piece grated fresh ginger, 2 minced garlic cloves and 2 Tbs. curry paste into the ground meat mixture. Serve on toasted buns with mango chutney, sliced tomatoes and red onions.

## Condiments and Burger Toppings

Here are some classic condiments, jazzed up to make your burgers taste even better!

## Chipotle Ketchup

*Add a little kick to your ketchup with a few spices and some chili peppers. For a smoother sauce, puree the mixture in a blender or food processor.*

Seed and chop all of the chilies.

In a small saucepan over medium heat, warm the olive oil. Add the chipotle and jalapeño chilies, the onion and garlic. Cook, stirring occasionally, until soft, 4 to 5 minutes. Reduce the heat to low and stir in the ketchup, sugar, cumin and chili powder. Simmer until the ketchup is deep red in color, about 15 minutes. Let cool.

Use immediately, or transfer to an airtight container, cover and refrigerate for up to 1 month. Makes 1½ cups.

Adapted from Williams-Sonoma *On the Grill*, by Willie Cooper (Oxmoor House, 2009).

### *Tips for Making Great Burgers*

- For beef burgers, use ground chuck with 15 to 20 percent fat. Ask the butcher to grind it for you and then cook the meat the same day. Or grind it yourself for optimal freshness. To provide layers of flavor, combine different types of ground meats.

- To enhance the flavor of the meat, add seasonings and other ingredients, such as finely chopped onion, garlic and Worcestershire sauce.

- Use your hands to mix the ground meat with the other ingredients. Wash your hands well with soap and hot water before and after mixing. Use a light touch and don't overmix, which can result in dense burgers.

- Form the patties with your hands or a burger press. Again, don't overhandle or compact the meat.

- Cook the burgers over a medium-hot fire in a grill. Turn them only once and don't press down on them, which will cause the juices to escape. For safety's sake, cook beef burgers to medium or medium-well.

- If desired, toast the buns, cut sides down, at the edge of the grill.

### Ingredients for Chipotle Ketchup

4 canned chipotle chilies in adobo sauce

1 jalapeño or serrano chili

1 Tbs. olive oil

1 small yellow onion, diced

2 garlic cloves, minced

1 cup tomato ketchup

1 Tbs. granulated sugar

1 tsp. ground cumin

1 tsp. chili powder

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