



Mike's E-Meal Newsletter

22 Jun 06

Better Burgers with Chipotle Aioli
Seasoned Sweet Corn
Zesty Chips
(Serves three)

Better Burgers

Ground beef is prepared from less tender cuts of beef and trimmings from other meat cuts. There is no requirement that the ground beef be labeled to identify its origin however, ground chuck is 80 to 85 percent lean; ground round is 85 to 90 percent lean and ground sirloin is 90 to 92 percent lean. For juicy burgers, use ground chuck.

1 pound ground chuck
1/4 cup crumbled Colby cheese
1/4 cup finely diced red onion
2 tablespoons steak sauce
2 teaspoons coarsely ground black pepper
1 teaspoon coarse kosher salt
1 teaspoon granulated garlic
6 slices hickory-smoked bacon
3 (1/4-inch) slices large red onion
1 Hass avocado, seeded and sliced
3 large Kaiser rolls, split
9 slices cheddar cheese
1/2 cup Chipotle aioli (recipe follows)
3 (1/4-inch) slices tomato, optional
1 cup mixed field greens or sliced Romaine lettuce, optional

In a large chilled mixing bowl, combine hamburger, crumbled cheese, diced red onion, steak sauce, pepper, salt and granulated garlic. Mix thoroughly. Equally divide the mixture and form into 3 patties, about 2 inches thick. Refrigerate, covered, until cooking. (Burgers may be made up to 4 hours in advance.)

In a medium skillet over medium heat (or on the grill) cook the bacon until barely crisp and drain on paper towels. Cut each slice in half.

Prepare the grill for a two-level fire. Grease the grill grate with vegetable oil and cook the patties over the hot side of the grill for 3 to 4 minutes. Flip and cook another 3 minutes. Transfer the burgers to the cooler side of the grill. Top with a red onion slice, 4 pieces of bacon, slices of avocado and 2 slices of cheese. Cover grill and cook another 1 to 2 minutes or until burgers reach an



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internal temperature of 160 degrees F. and the cheese has melted. Add another slice of cheese atop the cooked burger.

Transfer the burgers to a clean serving plate. Cover with foil and allow the meat to rest for 5 to 10 minutes.

Lightly butter and grill the Kaiser rolls. Spread the grilled surface of each bun with the Chipotle aioli. Place the burger on top of the bottom section of the sauced bun. If desired, arrange field greens or lettuce and tomato on the burger and place roll top alongside the burger.

Chipotle Aioli

While this aioli could be prepared in the traditional method with egg yolks using mayonnaise allow the aioli to be refrigerated for up to a week and reduces any risk from raw eggs.

1/2 cup good-quality mayonnaise
1/2 cup sour cream
1 teaspoon granulated garlic
1 1/2 teaspoons dried Chipotle power
1 teaspoon fresh lime juice
1 teaspoon chopped cilantro
Coarse kosher salt
Cracked black pepper

In a medium mixing bowl, combine all the ingredients. Season the aioli to taste with salt and pepper. Cover and refrigerate at least 1 hour before serving.

Yields about 1 cup

Seasoned Sweet Corn

The sugar in corn begins to turn into starch as soon as it's harvested so it's best to cook corn the same day it is picked. Don't purchase corn that's been sitting in the sun at the green grocers as the kernels will be tough and tasteless. Although smoking sweet corn makes for a flavorful side dish, corn can also be grilled, steamed, baked or cooked in a large pot of boiling water. If boiling corn, don't add salt to the water as it will toughen the kernels. Some cooks add granulated sugar and whole milk to the water to enhance the corn's flavor.

3 ears sweet corn
3 tablespoons unsalted butter
3 tablespoons seasoning blend (recipe follows)

Shuck the corn by pulling back the husks and snapping off the stalk. Remove the thin silk that runs along the kernels of the corn by moistening a paper towel and moving the towel down the cob allowing the silk to stick to the paper towel.

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Bring a medium stockpot half filled with water to a boil over medium-high heat. Add the corn. When the water returns to a boil cook the corn for 5 to 7 minutes. Use tongs to remove the cooked corn.

Drain the corn on a chef's towel. Evenly spread 1 tablespoon of butter over each ear of corn and season with the seasoning blend.

Zesty Chips

English-style "chips" are a thicker cut than french fries typically offered in this country. Food historians argue "french fries" are not French in origin but actually came from Belgium and the "french" part of the name refers to the preparation method, not the country.

3 large Russet potatoes, 10 to 12 ounces each
Vegetable oil for deep frying
1/2 cup seasoning blend (recipe follows)

Wash and peel the potatoes. Cut each in 5/8-inch slices. Stack slices and cut into 5/8-inch sticks. Place in a bowl of ice water and soak for at least 30 minutes to remove the starch so the potatoes will be crisp when deep-fried.

Heat the oil to 350 degrees F. in a medium stockpot over medium heat (or use a deep-fryer).

Drain the potatoes and completely pat dry.

If using a deep-fryer, dip the fry basket in the oil, lift and drain. Add a handful of potatoes to the basket, lower it into the hot oil and cook the potatoes for 3 minutes. Lift the basket and allow the potatoes to drain. Repeat with the remaining potatoes, allowing the oil to return to 350 degrees F. between batches.

If using a stockpot, carefully add a handful of potatoes to the hot oil and cook for 3 minutes. Using a spider basket or slotted spoon, remove the potatoes and drain over the hot oil. Allow the oil to return to 350 degrees F. and repeat with the remaining potatoes.

Place a cooling rack on a half sheet pan and transfer the cooked potatoes to the rack. (Potatoes may be prepared to this point and held for up to 2 hours.)

Increase the temperature of the oil to 375 degrees F. Cook the potatoes in batches a second time for a couple of minutes or until golden. Drain well and transfer the potatoes into a brown paper bag. When all the potatoes are cooked, add the seasoning blend to the bag and shake to coat.



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Seasoning Blend

This seasoning blend can be used on vegetables, sweet corn or baked potatoes. To may be stored in an airtight container for up to 2 months.

- 2 tablespoons seasoned salt or Season•All®
- 1 tablespoon sweet paprika
- 1 tablespoon granulated garlic
- 1 tablespoon granulated onion
- 1 tablespoon cracked black pepper
- 1 tablespoon dried parsley
- 1 teaspoon ground cayenne pepper

Combine all of the ingredients in a small mixing bowl and stir to incorporate.

Yields about 2/3 cup



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Cooking & Presentation



A Better Burger, Zesty Chips And Seasoned Sweet Corn

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