



Menu du Jour

04 Jun 06

Tijuana Burgers
(Serves two)

Tijuana Burgers

Good burgers require good ground beef. If you're not going to grind your own, be sure to get ground meat that is 80% lean; anything leaner will dry out on the grill. The fat also adds flavor to the meat and keeps it moist during cooking.

3/4 pound ground chuck
2 tablespoons chopped fresh cilantro
2 tablespoons finely minced pickled or fresh jalapeño chile
1 teaspoon chili powder
1/2 teaspoon coarse kosher salt
1/2 teaspoon freshly ground black pepper
1 tablespoon Worcestershire sauce
1/4 cup finely chopped red onion
2 slices Monterey Jack or jalapeño Jack cheese
2 large onion hamburger rolls
1 tablespoon unsalted butter
1/4 cup jalapeño mayonnaise (recipe follows)
1/2 cup guacamole (recipe follows)

In a medium mixing bowl, combine the ground beef, cilantro, jalapeño, chile powder, salt, pepper, Worcestershire and onion. Gently mix to combine. Divide the mixture in half and form into two 6-ounce patties, about 3/4-inch thick.

Prepare the grill for medium-high direct cooking. (You'll be able to hold your hand a couple of inches above the grill grate for about 3 seconds.) Lightly grease the grill grates with oil and cook the burgers, uncovered, until nicely seared, about 3 minutes; flip the burgers and continue cooking another 2 minutes for medium-well or 3 minutes for well-done. Place the cheese atop the burgers, close the cover, and cook another minute or until the cheese melts. Remove the burgers from the grill; transfer to a warm plate and keep warm. Split the rolls, brush with butter and lightly grill.

Spread 2 tablespoons of jalapeño mayonnaise on each roll. Place a burger atop the bottom of each bun and spoon 1/4 cup of guacamole atop the burger.



Jalapeño Mayonnaise

- 1/4 cup good quality mayonnaise
- 2 teaspoons grated lime peel
- 1 tablespoon finely chopped fresh or pickled jalapeño chile

In a medium mixing bowl, combine all the ingredients.

Yields about 1/3 cup (5 tablespoons)

Guacamole

- 1 large Hass avocado
- 1/4 cup seeded and diced tomato
- 1/4 cup diced red onion
- 1 tablespoon diced jalapeño chile
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon coarse kosher salt

Scoop the avocado into a mixing bowl and coarsely mash. Add the remaining ingredients and gently stir to combine. If preparing in advance, sprinkle with lime juice and cover with food film to prevent discoloring.

Yields about 1 cup



Cooking & Presentation



**Tijuana Burgers with Jalapeño Mayonnaise, Cheese & Guacamole;
French Fried Potatoes and Roasted Corn**