

The All-American Burger

What's more comforting than a classic burger -- thick, juicy, done to a T and capped with melted cheese?

These days anything goes when it comes to throwing it on the BBQ: grilled veggies, shellfish, even fruit! Looking for something a little more traditional and all-American for this special weekend? How about a juicy, hearty, and satisfying hamburger!



On the average American eats three hamburgers every week. They also say that 72% of all these more than a billion burgers are prepared and eaten somewhere other than home. Now if you are like me, you prefer homemade hamburgers.

Follow these tips and you'll soon be on your way to grilling the perfect burger:

- Be sure your ground meat is fresh. It should be bright

Summer Chicken Burgers

"These grilled chicken sandwiches are mouthwatering! Great for backyard get-togethers..."

Ingredients

- 1 ripe avocado, sliced
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 large Vidalia onion, sliced into rings
- 4 boneless, skinless chicken breast halves
- salt and pepper to taste

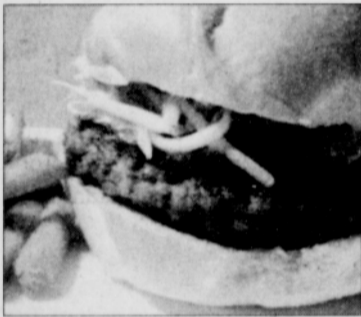


- 4 hamburger buns
- 4 tablespoons mayonnaise
- 4 slices provolone cheese

Directions

1. In a small bowl, combine sliced avocado and lemon juice. Add water to cover; set aside. Preheat an outdoor grill for high heat and lightly oil grate.
2. Heat butter in a large heavy skillet over medium-high heat. Sauté the onions until browned and caramelized; set aside.
3. Season the chicken with salt and pepper. Place on grill, and cook until no longer pink and juices run clear, about 5 minutes on each side. Place buns on grill just long enough to toast them.
4. Spread buns with mayonnaise to taste, then layer with chicken, caramelized onion, provolone and avocado.

Old Chinatown Pork Burgers



Fire up the grill and try this delicious and unique burger.

DIRECTIONS

1. Mix together the pork sausage, bread crumbs, onion, water chestnuts, egg, sherry, soy sauce, garlic, and ginger in a bowl until evenly combined. Chill in the refrigerator for 30 minutes to make the mixture easier to handle, then form into 6 patties.
2. Preheat an outdoor grill for medium-high heat, and lightly oil grate.
3. Cook the burgers on the preheated grill until no longer pink in the center, about 7 minutes. Lightly toast the buns on the hot grill. Serve the burgers on the toasted buns, and top with bean sprouts and sweet and sour sauce.

INGREDIENTS

- 2 pounds bulk mild pork sausage
- 1 cup soft bread crumbs
- 1/3 cup finely diced onion
- 1 (5 ounce) can water chestnuts, drained and finely chopped
- 1 egg
- 2 tablespoons dry sherry
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1/4 teaspoon ground ginger
- 6 sesame seed burger buns
- 1 cup bean sprouts
- 3/4 cup sweet and sour sauce

Firecracker Burgers with Lime Sauce

Ingredients

- 1 1/2 lbs. ground beef chuck
 - 4 sesame seed sandwich rolls, split, toasted
 - 1 cup watercress or mixed spring greens
- ### SAUCE
- 1/2 cup mayonnaise
 - 1/4 cup plain yogurt
 - 1 Tbsp. fresh lime juice
 - 2 tsp. grated lime peel
 - 1/4 tsp. salt



SEASONING

- 1 Tbsp. curry powder
- 1 Tbsp. Caribbean jerk seasoning
- 1 tsp. salt

Instructions

1. Combine ground beef and seasoning ingredients in large bowl, mixing lightly but thoroughly. Shape into four 3/4-inch thick patties. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes to medium (160 deg; F) doneness, until not pink in center and juices show no pink color, turning occasionally.
2. Meanwhile, combine sauce ingredients in small bowl; set aside.
3. Spread sauce on cut sides of rolls. Place a burger on bottom half of each roll; top evenly with watercress. Close sandwiches.

The Cowboy Ranch Burger

"The beef burgers stay juicy and delicious on the grill or stove top!"

Ingredients

- 2 pounds lean ground beef
- 1 ounce package ranch dressing mix
- 1 egg, lightly beaten
- 3/4 cup crushed saltine crackers
- 1 onion, chopped



Directions

1. Preheat the grill for high heat.
2. In a bowl, mix the ground beef, ranch dressing mix, egg, crushed crackers, and onion. Form into hamburger patties.
3. Lightly oil the grill grate. Place patties on the grill, and cook 10 minutes per side, or until well done.

Independence Day

Each year on July 4th, Americans celebrate our freedom and independence with barbecues, picnics, parades, fireworks, and family gatherings.



FOOD

- pink without any unpleasant odor or dark spots.
- Avoid over-mixing ground meat because it becomes tough with handling.
 - Grill ground beef burgers over high heat to sear the outsides and seal in their juices.
 - Since it's the fat that gives burgers their natural juiciness and flavor, when using extra-lean meats, add moist ingredients for juiciness, extra

- seasonings for flavor, and grill them more slowly over medium heat.
- Use a spatula or tongs when turning burgers to help retain their shape.
 - Avoid pressing down on the burgers while they're grilling; this squeezes out the juices and makes them dry and tough.
 - Never cook burgers to the point of dryness, but be certain they are fully cooked. The meat should show no signs of pinkness inside, the juices should run clear, and the temperature should register 160 F in the center.

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