

# A MEMORABLE MEMORIAL DAY



KITCHEN DIVA PHOTO

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BY ANGELA SHELF  
MEDEARIS  
KITCHEN DIVA

Memorial Day was created to remember those who died while serving our country. The federal holiday originated after the American Civil War to commemorate the Union and Confederate soldiers.

Today, the holiday commemorates all of those who served in the American military who sacrificed their lives for our country. It is observed every year on the last Monday of May.

Originally, Memorial Day was known as Decoration Day because the graves of soldiers were cleaned and beautified with flowers and flags.

Moina Michael is credited with the idea to wear red poppies on Memorial Day in honor of those who died. In 1915, she was the first to wear one, and sold poppies to raise money for charities serving soldiers in need.

In 1922, the VFW began to sell poppies and expanded the program to selling artificial poppies made by disabled veterans. In 2000, Congress established the

“National Moment of Remembrance,” which asks that at 3 p.m. local time, all Americans “To voluntarily and informally observe in their own way a Moment of Remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to ‘Taps.’”

Memorial Day also is considered to be the unofficial start of summer. Family gatherings featuring barbecued or grilled meats and vegetables are a traditional part of the celebration. Try my recipe for Cheeseburger Sliders with Sriracha Mayo

Sauce for a spicy spin on a holiday favorite.

— Angela Shelf Medearis is an award-winning children’s author, culinary historian and the author of seven cookbooks. Her new cookbook is “The Kitchen Diva’s Diabetic Cookbook.” Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis



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## CHEESEBURGER SLIDERS WITH SRIRACHA MAYO SAUCE

### For the burgers:

- 1 pound ground beef (80/20 blend)
- 1 tablespoon Worcestershire sauce
- 2 teaspoons steak sauce
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon butter
- 1 small onion, finely chopped
- 1 1/2 ounces Munster cheese, thinly sliced, cut into 1 1/2-inch squares
- 3 red tomatoes, sliced 1/4-inch thick
- 8 three-inch mini brioche buns, split in half

### SRIRACHA MAYO SAUCE

- 1 cup mayonnaise
- 1/2 cup sour cream or plain Greek yogurt
- 1 1/2 tablespoons Sriracha
- 1 teaspoon honey or agave syrup
- 1 teaspoon lemon juice
- 1 teaspoon salt
- 1/2 teaspoon pepper

### To make the burgers:

Gently combine the beef, 2 teaspoons of Worcestershire sauce, steak sauce, parsley, salt and pepper in a bowl. Set aside.

Heat the oil and butter in a small skillet over medium-high heat. Add onion and the remaining teaspoon of Worcestershire sauce and cook, stirring occasionally, until translucent, about 2 minutes. Remove from heat and let cool completely.

### To make the sauce:

In a small bowl, combine the mayonnaise, sour cream or Greek yogurt, Sriracha, honey or agave, lemon juice, salt and pepper until well-combined. Set aside.

### To make the sliders:

Heat grill to medium-high. Gently form meat mixture into 8 one-inch-thick patties. Grill 4-5 minutes per side for medium-rare. Top with a square of cheese after flipping the burger. Close grill for 30-60 seconds to melt the cheese. Warm buns on the grill. Place hamburger on the bun; top with the onions, tomato slice, Sriracha mayo sauce and the remaining bun.



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