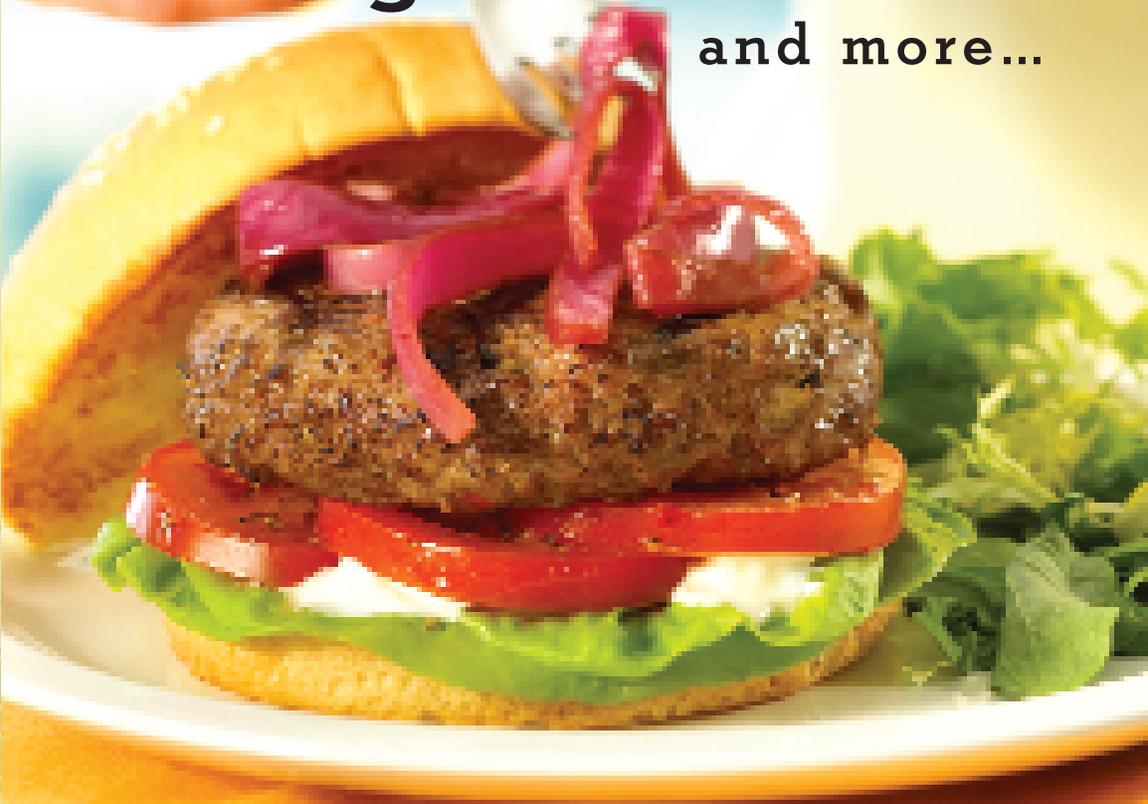


burger basics

and more...





It's all

burgers and barbecues – a classic combination.

The humble hamburger done on the grill is so simple, yet so delicious. **Real** backyard burgers, those of the homemade persuasion, are truly flavourful and very nourishing. All dressed up, they become a true culinary experience.

Here is everything you need know about how to mix, grill and dress a truly top-notch backyard burger!

about the beef...

Great burgers start out with the best – Canadian Ground Beef. You can make burgers with any kind of ground beef, from Extra Lean to Regular. Here's what to expect from the different grinds:

Ground Beef Type	Great Expectations
Extra Lean and Lean* (10% and 17% maximum fat)	<ul style="list-style-type: none">• Lovely and lean. The best choice for health-conscious cooking.• Least grill flare-up with a denser, tighter texture.• Add an egg, some minced mushrooms or a splash of milk to maximize moisture.
	*including Ground Chuck, Round and Sirloin.
Medium (23% maximum fat)	<ul style="list-style-type: none">• Juicy flavourful burgers with moderate flare-up.
Regular (30% maximum fat)	<ul style="list-style-type: none">• Flavourful and moist.• Watch the grill closely for flare-ups that can get out of control. Best just to grill a couple of patties at a time.

Make your own Custom Blend for a lower-fat version of Medium. Combine equal amounts of Regular and Extra Lean Ground Beef for a blend that has a fat level of about 20%.

Market news...

Lean Beef Source Grinds are made from flavourful single cuts of beef. Look for **Lean Ground Chuck, and Lean or Extra Lean Ground Round and Ground Sirloin.** Try Ground Chuck in your next batch of burgers – it's the food writer's favourite!

Lean and Extra Lean ground beef are part of Health Check™. The Heart and Stroke Foundation of Canada's Health Check™ education program helps you make healthy food choices.

Health Check™ ... tells you it's a healthy choice!

A masterpiece of simplicity!



Lipton Recipe® Soup and Canadian Ground Beef are all you need to make burgers in a snap, with no fuss and no tears from chopping onions! This recipe works with a range of meat package sizes, so you only have to remember the one recipe. A 2 lb (1 kg) batch will make about eight 4 oz (125 g) burgers.

The So-Simple Backyard Burger

2 to 4 lb (1 to 2 kg)	Canadian Ground Beef
1 envelope	Lipton Recipe® Onion or Lipton Recipe® Onion Roasted Garlic Soup
1	egg, (optional)
1/4 cup (50 mL)	dry bread crumbs (optional)



1. Crumble beef in large bowl; add remaining ingredients. Use fork or scrubbed-clean hands to combine gently but thoroughly. Divide meat mixture into equal-sized balls and use moistened hands to gently shape into 3/4-inch (2 cm) thick patties.



2. Tip: Make a shallow depression in centre of each patty using two knuckles. This keeps patties from puffing up during cooking.



3. Place patties on a lightly oiled grill over medium-high heat (400°F/200°C). Cook for 5 to 7 minutes per side, testing doneness with a digital rapid-read thermometer inserted sideways into centre of each patty – burgers are completely cooked when thermometer reads 160°F (71°C).

Open for options...

- Adding bread crumbs and egg give burgers a more tender texture.
- Substitute quick-cooking oatmeal or cooked bulgur or rice for the bread crumbs, if desired. Use any kind of cooked rice.
- For different appetites, make different-sized burgers:
Pint-sized patties for children (2 oz/60 g), **Standard-sized** for regular folks (4 oz/125 g) or **He-man-sized** for he-man types (6 oz/175 g).



Per burger (based on a 2 lb/1 kg batch, made with Lean Beef, egg, crumbs and Lipton Recipe® Onion Recipe Soup): 231 Calories, 23 g protein, 13 g fat, 5 g carbohydrate. % Daily Value (DV): a good source of iron (17% DV) and an excellent source of zinc (58% DV), 18% sodium

Mixing matters...

- Use a light hand when mixing and forming patties – manhandling the meat will make burgers seem firm or less tender.
- Dampening the hands with water helps prevent meat from sticking.
- If desired, wear disposable gloves while mixing.



- When working with 1 lb (500 g) batches of beef, mix ingredients together in a sealable freezer bag for neat and easy cleanup.

- Patties of uniform thickness will grill in about the same amount of time, which is faster and more even than rounded ones.

Grounds for safety...

- Use or freeze ground beef within one day of purchase. Store raw ground beef on bottom refrigerator shelf to avoid contaminating other foods with drips.
- Always wash your hands before and after handling raw meat.
- Use separate dishes and utensils for raw meat and other foods.
- If making patties ahead, wrap tightly and refrigerate no more than one day.
- NEVER cook burgers to rare; cook to 160°F (71°C)
- Use a digital rapid-read thermometer to know when patties are done. For the best temperature reading, remove patty from heat to clean plate, insert 1-1/2 inches (4 cm) of the thermometer stem sideways into each patty for 30 seconds.
- Check each patty for doneness since grills have hot and cold spots. Wash thermometer stem, tongs and plate after testing a partially cooked burger before using again.
- Use a clean plate to transfer cooked burgers from the barbecue.

Patties can look done (no longer pink inside) **before** being completely cooked. **“Your Burger’s Done at 71!”**.

Great grilling...

- Before preheating, rub the grill with paper towel dipped in vegetable oil or coat lightly with cooking spray.
- Preheat the grill to medium-high heat, about 400°F (200°C). Cook patties with the lid closed.
- For the juiciest burgers, don’t fuss over them while cooking. Turning patties frequently and pressing on them with a lifter drives out precious juices.
- Avoid overcooking – use a food thermometer to know when patties are done.





The big freeze...

With the savings offered on BULK packs of ground beef, it's the perfect time to make a big batch of So-Simple Burger mix and stash a stack of patties in the freezer for later. You can freeze patties raw or fully cooked.

Here's how...

1. Make a big batch of So-Simple Burger mix. Form into 3/4-inch (2 cm) thick patties – a **4 lb (2 kg) package of meat will make about 16 (4 oz/125 g) patties.**

2. Place raw or grilled and cooled patties in a single layer on several plastic wrap-lined baking trays; cover loosely with plastic wrap and freeze just until firm (1 to 2 hours).

3. Wrap frozen patties tightly in heavy-duty foil and place in dated freezer bags. Freeze for up to 3 months.

To grill frozen raw patties: Refrigerator-thaw overnight and grill as usual OR grill from frozen over 400°F (200°C) heat for 10 to 12 minutes per side until digital rapid-read thermometer inserted sideways into centre of each patty reads 160°F (71°C).

To reheat frozen grilled patties: Microwave each patty on Low for 5 to 8 minutes or until hot.

Burger Math: If you want to make a batch of varying sized patties, a **4 lb (2 kg) package of meat will make 6 patties of EACH:** Pint-sized (2 oz/60 g), Standard-sized (4 oz/125 g) and He-man-sized (6 oz/175 g).

Freezer know-how

- Set the freezer to keep temperatures at 0°F (-18°C) or colder. Monitor temperature with a freezer thermometer.
- Freeze burger patties individually initially so it's easy to pull out just what you need for a meal.
- Place foods on the freezer's floor or near the walls so they freeze faster – the faster the freezing the better.
- Don't overload the freezer with too much unfrozen food at once.

Double duty dinners...

Make a 4 lb (2 kg) batch of So-Simple Burger mix with Lean Ground Beef to make two meals at once. Use half the batch for burgers and the other for meatballs or mini meat loaves. It's another great way to use bulk packs of ground beef!

So-Simple Square Meatballs: Making meatballs can seem so fussy so try this easy square alternative. Line baking tray with foil and lightly oil. Shape 2 lb (1 kg) So-Simple Burger mixture into 9-inch (23 cm) square. Cut into 42 squares; do not separate. Bake in 375°F (190°C) oven for 15 minutes, until digital rapid-read thermometer inserted into meatballs at the pan's centre reads 160°F (71°C).

Freezer stock-up: Separate cooked meatballs into family-sized portions and place in freezer bags. Freeze for up to 3 months. Thaw in fridge or microwave before heating in your favourite pasta sauce.



Marvellous Mini Meat Loaves: These are perfect for families with staggered schedules - serve hot from the oven, warm or cold. Freeze them for future fast meals - they microwave-heat from frozen in minutes. Divide 2 lb (1 kg) So-Simple Burger mixture among 12 lightly oiled muffin cups. Top each loaf with some pizza sauce. Bake in 375°F (190°C) oven for 15 to 20 minutes, until digital rapid-read thermometer inserted into centre of several meat loaves reads 160°F (71°C).

Freezer stock-up: Wrap each cooled loaf individually and place in freezer bags. Freeze for up to 3 months.



Beyond the basics!

Who needs ketchup? With just a few upscale treatments, you can take your So-Simple Backyard Burger to haute cuisine. To make burgers an event in their own right, just set out a few bowls of our signature toppings and pull out some pizzazz from your pantry – let everyone choose their own terrific toppings.

Signature Toppings

Spicy Carrot Slaw: Heat 1/4 cup (50 mL) rice vinegar to boiling; pour over 1/2 cup (125 mL) shredded carrot. Stir in 1/2 tsp (2 mL) granulated sugar and 1/4 tsp (1 mL) dried chili pepper flakes; let stand for 5 minutes. Drain, reserving carrot; cover and keep refrigerated for up to 3 days. Stir in some chopped fresh coriander just before serving.

Greek Salad Salsa: Combine equal amounts of crumbled feta cheese, chopped pitted Kalamata olives and diced cucumbers, red onion and tomato. Toss with a splash of Greek salad dressing just before serving.

Aioli Spread: Wrap a head of garlic in foil and barbecue until soft. Squeeze roasted garlic out of skins and mash into 1 cup (250 mL) Hellmann's® Real or Light Mayonnaise.

Marinated Onion Rings: Combine 1/4 cup (50 mL) each olive oil and vinegar, 2 tbsp (30 mL) granulated sugar, 1/2 tsp (2 mL) salt and 1/4 tsp (1 mL) dried mustard. Heat to boiling; pour over one thinly sliced sweet onion (such as Spanish or Vidalia); let stand for 1 hour. Drain and serve or cover and refrigerate for up to 3 days.

Simple Horseradish Sauce: Combine 1/2 cup (125 mL) Hellmann's® Real or Light Mayonnaise with 1/4 cup (50 mL) prepared horseradish and 2 tbsp (30 mL) chopped green onion.

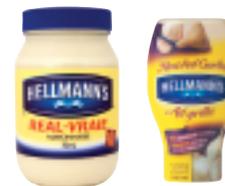
Sage Onion Compote: Cut 2 sweet onions (such as Spanish or Vidalia) into thin wedges and toss with 2 tbsp (30 mL) olive oil. Cook in skillet over medium heat for 15 minutes or until golden and tender. Stir in 1/4 cup (50 mL) chopped toasted pecans, 1 tbsp (15 mL) balsamic vinegar and 1 tsp (5 mL) crumbled dry sage; heat through. Season with salt and pepper.

Pantry pizzazz

- Deli antipasto salad
- Canned chili con carne
- Crumbled Gorgonzola
- Roasted red peppers (in jar)
- Tapenade
- Sun-dried tomato pesto
- Hellmann's® Roasted Garlic mayonnaise
- Sliced chèvre (soft goat cheese)

The BIG burger bbq

When barbecuing burgers for an event, consider using frozen fully-cooked burger patties instead of using raw patties. That way you are simply reheating the burgers on the grill – it's faster, simpler and safer.





The all-beef patty
on the toasted sesame
seed bun –

undone!

Here's a great way to serve a
smaller-sized burger without
feeling like you're being skimpy.

Nestle a hot juicy grilled burger
on a bed of greens dressed with
a low-fat vinaigrette and serve
with wedges of tomato, crumbled
blue cheese and fresh onion
rings. Cut a sesame bun into
wedges and toast on the grill to
make croutons. Oh so pretty and
so good for you!

Ground beef is good for you...

Although the burger is often under-rated for its nutritional contribution, lean burgers have a lot going for them:

- an excellent source of protein, zinc and vitamin B₁₂
- a good source of iron – with a high percentage of heme iron that is easy for the body to use

Grilling burgers has the advantage of lowering the fat since some of the fat drips away during cooking. **Grilling a burger can reduce the amount of fat in the raw ground beef on average by one-third.**

GROUND BEEF

Nutrition Information (per 100 g raw beef)

	Lean	Extra Lean
CALORIES	210	180
PROTEIN g	20	21
FAT g	15	10
CARBOHYDRATE g	0	0
% Daily Value (% DV):		
IRON	15	15
ZINC	50	50
B ₁₂	70	80

To make healthier burgers, take patties into your own hands – you control their size and what goes on them!

- Start with Lean and Extra Lean Ground Beef – both qualify for the Health Check™ program with no more than 17% and 10% fat respectively.
- Keep the size down – for tighter portion control, count on a pound (500 g) lean ground beef making 6 patties.
- Use flavourful toppings such as salsa and barbecue sauce. Skip those that are high in fat but low in flavour such as butter on the bun.
- For maximum juiciness, add 1/2 cup (125 mL) minced fresh mushrooms to 2 lb (1 kg) raw ground beef.



† Choosing leaner
ground meats (Lean or
Extra Lean) is part of
healthy eating.

† The Beef Information Centre financially supports the Health Check™ education program. This is not an endorsement. For more information, visit www.healthcheck.org.

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