



NEWS RELEASE

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Release Number: Corrected 49-11
Date: May 23, 2011
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Try these recipes for tasty cheeseburgers

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NOTE: *This version corrects a trademark issue with the headline.*

FORT LEE, Va. – If your idea of paradise includes a tender, juicy cheeseburger, packed full of flavor, then dust off that grill! I've collected some of the best recipes around to assure your culinary success. I've also included something for non-beef eaters and even non-meat eaters. Check out the recipes for Chutney Turkey Burgers and Veggie Burgers – both are excellent. For the rest of us, here are a few hamburger pointers to keep in mind.

Choose the highest quality ground beef you can afford. Ground chuck is preferred for its flavor, but a 50/50 mix of ground chuck and ground sirloin almost can't be beat. If your commissary doesn't carry either of these cuts in the ground form, it's easy to grind your own at home. Trim the meat of all fat and grind it in a food processor fitted with a metal blade, just until finely ground. Be careful not to over do it – the food processor can quickly turn the meat into a mushy mess.

If you have a meat grinder, pass the meat through it three times until finely ground. If using plain ground beef, choose one that's about 80 to 85 percent lean – that's the key to juiciness. Burgers with a higher fat content are too greasy, and those with a lower fat content are too dry, bland and tough.

To shape the perfect burger, divide the ground beef into equal portions, then cup your hands and toss one portion back and forth from hand to hand to shape it into a loose ball. Using

your hands, flatten the ball into about a 1-inch thick patty. Form a slight depression, with your fingers, in the center of the patty to keep it from puffing up into a domed burger when it cooks. If you like your burgers well-done, poke a small hole through the center to help it cook all the way through without overcooking.

Resist the urge to flatten burgers with a spatula while they cook. They will release their juice, and end up dry and crumbly.

You'll need a medium-hot single-level fire for grilling burgers to perfection. And while you've got the fire going, you might as well give the Grilled Peppers and Grilled Angel Food Cake with Balsamic Strawberries recipes a try. Hmmm, what time will all this be ready? I just might drop by.

Remember, you can find the ingredients for all these recipes at your local commissary at significant savings. To check out these recipes and more, come to Kay's Kitchen at <http://www.commissaries.com>. Till next time – I'll see you at the commissary!

Grilled Stuffed Cheeseburgers Deluxe (Serves six)

Ingredients:

1 ounce dried mushrooms
1/2 cup very hot water
1 pound ground beef sirloin
1 pound ground beef chuck
2 tablespoons Worcestershire sauce
2 teaspoons dried marjoram
2 teaspoons freshly ground black pepper
4 ounces gorgonzola cheese, crumbled (other cheese may be substituted, if desired)
4 green onions, finely sliced
1 teaspoon salt
Vegetable oil cooking spray

Directions:

1. Place the dried mushrooms in a small bowl and add the 1/2 cup of very hot water. Set aside to allow the mushrooms to hydrate, about 20 minutes.
2. Combine the beef, Worcestershire sauce, marjoram, and pepper in a bowl; set aside.
3. Squeeze the mushrooms dry and discard the soaking liquid. Mince the mushrooms, then combine with the cheese, green onions and salt.
4. Divide the cheese mixture into 6 equal portions, flattening each into a thick patty.
5. Divide the beef mixture into 12 equal portions, and flatten each into a patty.
6. Set a cheese patty on 6 of the beef patties and top with the remaining beef patties.

7. Press the edges of the patties together to seal tightly. Refrigerate until ready to grill.
8. Prepare a gas or charcoal grill, the coals should be moderately hot to hot. Spray the grill rack with cooking spray.
9. Grill the burgers for about 5 minutes. Using a large spatula, carefully turn burgers, taking care that they do not split. Grill for an additional 4 to 5 minutes for medium-well; a minute or 2 longer for well done.

Chutney Turkey Burgers (Serves four)

Ingredients:

- 1/2 cup plus 3 tablespoons prepared chutney, divided
- 1 tablespoon Dijon mustard
- 2 teaspoons lemon juice
- 1 pound ground turkey
- 2 green onions, minced
- 1 teaspoon cumin
- 1 teaspoon coriander
- Salt and pepper to taste
- 8 thick slices sourdough bread, toasted
- Arugula leaves
- Thinly sliced red onion

Directions:

1. In a small bowl, stir together 1/2 cup prepared chutney with the Dijon mustard and the lemon juice.
2. In another bowl, combine the ground turkey, green onions, cumin, coriander, salt and pepper, and the remaining 3 tablespoons prepared chutney.
3. Shape into 4 patties and grill, broil, or panfry, turning once, just until cooked through, about 4 to 5 minutes on each side.
4. Spread the toasted bread slices with the chutney/mustard mixture; place a turkey patty on 4 of the slices; top each with arugula leaves and sliced red onion; top with the remaining bread slices and serve.

Grilled Peppers

Ingredients:

- 4 red, orange, and/or yellow bell peppers
- 2 tablespoons olive oil
- Salt and pepper
- 1/4 cup loosely packed fresh parsley leaves, chopped

Directions:

1. Cut peppers lengthwise into quarters; discard seeds and stems.
2. In a medium bowl, toss peppers with oil, 1/2 teaspoon salt and 1/4 teaspoon pepper.

3. Place peppers, skin side up, on hot grill rack. Cover grill and cook 4 to 5 minutes or until peppers begin to soften.
4. Turn peppers over; cover and grill 3 to 4 minutes more, or until peppers are slightly charred.
5. As peppers are done, return them to the same bowl they were tossed in. Add parsley and toss to coat.

Grilled Angel Food Cake with Strawberries in Balsamic (Serves six)

Ingredients:

- 1 1/2 pounds strawberries, hulled and cut in half, or into quarters, if large
- 2 tablespoons balsamic vinegar
- 1 tablespoon sugar
- 1 (9 oz.) store-bought angel food cake
- Whipped cream or nondairy whipped topping

Directions:

1. In a medium bowl, toss strawberries with balsamic vinegar and sugar. Let stand at room temperature until sugar dissolves, at least 30 minutes. Stir occasionally.
2. Cut angel food cake into 6 wedges; place wedges on hot grill rack and cook 3 to 4 minutes, turning once, until lightly toasted on both sides.
3. Spoon strawberries with their juice onto 6 dessert plates; top berries with whipped cream, and nestle a slice of cake onto one side.
4. Serve immediately.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings amounting to thousands of dollars annually. For current savings figures for various groups – single member up to a family of seven – visit <http://www.commissaries.com>. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*