

Grill Junkie™

What Fires YOU Up?

Burger-A-Day Cookbook

365 Recipes and more!

A Burger for Each Day of the Year!

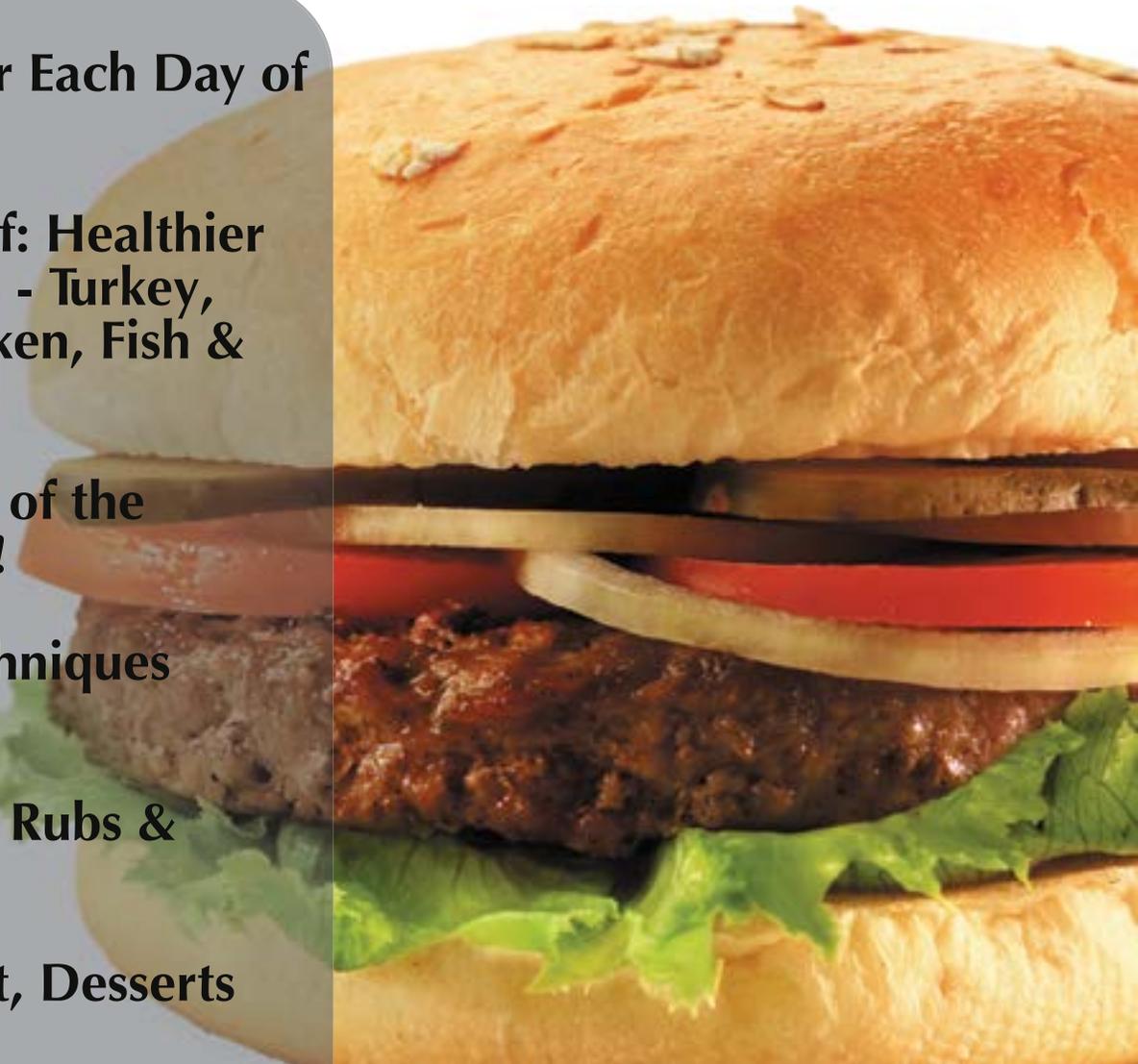
Beyond Beef: Healthier Alternatives - Turkey, Bison, Chicken, Fish & Vegetable!

The History of the Hamburger!

Grilling Techniques and Tools!

Fries, Sides, Rubs & Sauces!

Grilled Fruit, Desserts & More!



Arnie Tomaino

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Introduction



This book is for you, the outdoor grilling addict; the GrillJunkie™! We know who you are. You are among the many weekend warriors obsessed with, addicted to, and consumed by thoughts of your next outdoor grilling quest to cook up a new recipe, use that new gadget, perfect that new technique, or simply fire up the grill and unwind a bit.

Whether it is in the privacy of your own backyard, at a tailgate, homecoming, the dorm, or a family or seasonal celebration, there are sure to be three important items on the menu; your love of grilling, something delicious to be grilled, and a gathering of friends and family. And there is nothing more satisfying to prepare, grill, stack, serve and enjoy than the unparalleled burger! And there is nothing more satisfying to prepare, grill, stack, serve and enjoy than the unparalleled burger!

This book unveils its content similar to a deliciously stacked hamburger; in layers. However, feel free to give into your impulses and get to the “meat” of the book, (the recipes), right away. There are no rules here! We begin with a casual introduction followed by a quick definition of a “GrillJunkie™”. We provide you with The Grill of Rights; our freedom list, if you will, designed to help you focus on what is most important, your love of grilling, your freedom to celebrate your addiction, and spending time with family and friends.

We then get a bit more cerebral and focus your attention on a historical yet mercifully brief perspective on the hamburger’s past and its somewhat unresolved yet savory genesis and evolution, while quickly re-focusing your attention to the fruits of that timeline; today’s gamut of recipe choices from the classic and simple burger, to the tempting and more complex stuffed burger, to the many regional and ethnic influences that have added incredible depth and breadth to today’s hamburger recipe collection.

We cover some important topics in our Techniques, Tips and Tools section including important cooking techniques, safety tips, essential and useful tools, followed by the various methods by which to grill your burger, either it be with gas, charcoal or hardwood, or by using the well known direct “high and dry” method or the indirect “low and slow” barbeque method of cooking. You will learn that no matter “What Fires You Up”, there is always something new to learn about the art and science of grilling, and that a real GrillJunkie™ is never truly satiated and is always hungry for more.

We then bring you back to the real reason you picked up this book; to discover, test, tweak and personalize our Burger Recipes and begin your quest to try each and every one and share them with your family and friends. We’ve developed and tested over 170 unique and specific recipes, complete with ingredient lists and preparation instructions, while providing suggestions for alternative combinations, toppings and spice mixes, which, when combined, allow you to create a unique burger each and every day of the year. Your quest is to cook them all and feed your addiction to grilling!

Ahhh! The wonderful, unmistakably delicious burger! We at GrillJunkie™ hope and trust that you discover “What Fires You Up” here in our book. And most of all, we hope you are surrounded by family and friends who were either invited over, or wandered over because of the seductive and welcoming aromas coming from your grill. Enjoy!

From our family to yours...All the best!

The GrillJunkie™ Team

A GrillJunkie™ Defined

GrillJunkie™ - (gril.jun.kee) - noun –

We define a GrillJunkie™ as:

“An individual, man or woman, young or old, who derives inordinate pleasure from or who is dependent upon, addicted to, and/or obsessed with grilling, while simply enjoying and celebrating the great pastime of grilling and spending time with family and friends.”





We would be remiss if we did not, at least briefly, convey a historical perspective on the beloved burger. Whether it be topped with bacon, smoked meats, cheese, a delicious sauce, salsa, or even stuffed, there is no doubt that the best burgers are dripping in sustenance, flavor, and pure satisfaction. Most folks will be interested to know that our treasured burger is also drenched in a flavorful, if not controversial history as well.

An important step in the history of the iconic burger is to define it, so as to appreciate the lineage that leads us to today's delectable creation. According to Josh Ozersky, author of, "The Hamburger: A History (Icons of America)", a hamburger is, at its most basic level, "a ground beef patty served on a white enriched bun." Now, we all are guilty of helping to enhance the basic burger definition and design by leveraging the best choice of meats and fat content, mixing meats, adding bacon, cheese, salsas, spices, and toppings, while also experimenting with the traditional bun, but let's go back to simpler times and investigate where it all began.

In the beginning...

Many sources claim that the history of the hamburger begins with the Mongols between the years 1219 and 1221. Led by Genghis Khan in his insatiable quest for power and land, his fast-moving, cavalry-based army known as the Golden Horde rode small sturdy ponies and conquered two thirds of the then known world. Driven by Khan's notorious tenacity, they remained in their saddles for long periods of time, sometimes days without ever dismounting. They had little opportunity to stop and build a fire for their meal.

As the army traveled, they needed food that could be carried on their mounts and eaten easily with one hand while they rode. An easily-accessible meat was an ideal choice. They would use scrapings of lamb or mutton that were formed into flat patties and salted to preserve them a bit. They softened the meat by placing them under the saddles of their horses while riding into battle. When it was time to eat, the meat would be consumed raw, having been tenderized by being sandwiched between the saddle and the back of the horse...or as the folks at www.ahamburgertoday.com so eloquently describe it, "After time spent sandwiched between the asses of man and beast, the beef became tender enough to eat raw." By adding a few spices, whenever available, these strips of raw beef became a convenient meal to these independent, swift-moving riders not keen to frequently dismount.

It is said, then, that the Mongols, under the rule of Genghis Khan's grandson, Khubilai Khan brought the practice to Russia during the invasion of Moscow wherein it evolved into the dish we know today as Steak Tartare (Tartars being their name for the Mongols). As global trade expanded, merchants and seafarers brought this idea back to the port city of Hamburg, Germany, where the locals decided to add heat to the equation, mold it into a more uniformed steak shape, creating something that, outside of Hamburg, was referred to as "Hamburg steak."

Of course, as it is succinctly noted in John T. Edge's book "Hamburgers & Fries, An American Story" (Putnam, 2005), this evolutionary path of the hamburger from the Mongols to Hamburg to America may not necessarily have followed a straight line. As Mr. Edge writes, "The history of proletarian dishes like hamburgers is rarely explained by a linear progression of events." But enough time spent in historical European and Asian territory; let's make the leap and cross the shores to the Americas. Along the way, somehow, mainly through the mass emigration to a new land, ground beef gets to America, is molded into a patty and is put on a bun. But how?

The answer is most likely from a progressive introduction of the Hamburg Steak during the European emigration to America in the late 1800's on the German Hamburg-Amerika line boats combined with the sequential

invention of the mechanical meat chopper. Now several people who claim to be the descendants of the hamburger's inventor dispute what happened next. The story used to be that the first hamburger was served up at the 1904 St. Louis World's Fair. This sandwich was made with a cooked patty of ground beef on a hard roll. Of course there are earlier references but this might very well be the first time a cooked patty hit the bun. This might be the oldest verifiable instance of the hamburger being served. However, there are many more who claim to be the inheritors of the burger's controversial and flavorful fame.

There are currently three major claims staked on the confusing and contradictory map of American hamburger history. Each with its own story and individual claim as well as respective support and opposition. They are:

Louis' Lunch: This New Haven, Connecticut, eatery claims to have invented our treasured burger in 1900. From its website, www.louislunch.com, comes the claim: "One day in the year 1900 a man dashed into a small New Haven luncheonette and asked for a quick meal that he could eat on the run. Louis Lassen, the establishment's owner, hurriedly sandwiched a broiled beef patty between two slices of bread and sent the customer on his way, so the story goes, with America's first hamburger."

Charlie Nagreen: It's said that Charlie started selling meatballs at the age of 15 at the summer fair in Seymour, Wisconsin. According to the web site, homeofthehamburger.org, "Charlie was a resourceful young man with an outgoing personality. After not experiencing much success selling the meatballs, he had an idea and located some bread. He realized people could take this meal with them if he simply smashed the meat together between two pieces of bread. He called it a "hamburger" and yes, in 1885 the burger was born at the fair in Seymour, Wisconsin."

Menches Brothers: The brothers' descendants, who now operate a small chain in Ohio called, not surprisingly, Menches Brothers, (www.menchesbros.com), claim that their great-grandfather and his brother (Charles and Frank, respectively) invented the dish at an 1885 fair in Hamburg, New York. The brothers originally sold sausages but ran out and were forced to use ground beef, which at the time was considered to be lower in status as compared to other meats.

John Menches, in a March 2005, BusinessWeek "Small Biz" story, says, "Faced with nothing to sell at all, they fried [the ground beef] up, but it was too bland. My grandfather decided to put coffee, brown sugar, and some other household ingredients in it and cooked up the sandwich. My great-uncle Frank served the first sandwich; a gentleman tasted it and said, 'What do you call it?' Uncle Frank didn't really know what to call it, so he looked up and saw the banner for the Hamburg Fair and said, 'This is the hamburger.' "

So who invented the hamburger? We're all clear now, right?

We never claimed that it would be easy, but we did promise that it would be both deliciously interesting and we would keep it mercifully brief! In any case we're just glad that someone did invent, if not discover the hamburger, so we can now enjoy this treat celebrated around the world. For those who would like to peel back a few more layers related to the very beginning of the treasured burger, its unique rise in American history, while also beginning your own individual quest to find the best burger in America, we strongly encourage you to read the following:

- "The Hamburger: A History (Icons of America)", by Josh Ozersky (Yale University Press, 2008)
- "Hamburgers and Fries, An American Story", by John T. Edge (Putnam 2005)
- "Hamburger: A Global History" (RB-Edible) by Andrew F. Smith (Hardcover - Oct 7, 2008).

In the meantime, fire up that grill and let's get grilling!

Getting Started: Tips, Techniques, and Tools



The ultimate hamburger is an elusive creation: the perfectly caramelized and charred crust; the juicy interior with the ideal amount of fat; the full, beefy flavor. To help you get it just right, this section is designed to introduce you to some important tips, techniques, and tools involved in creating the perfect burger. We begin with our Top Ten Grilling Tips, followed by our list of tried-and-true Techniques such as essential pre-heating, meat choice, and plating, followed our list of essential hamburger grilling Tools.

Read on!

Recipes, Recipes, Recipes!

Welcome to the GrillJunkie™ Burger Recipe Collection!

In the pages that follow, you will find a gamut of burger recipes from the classic yet simple beef burger stacked with fresh lettuce and tomato, to the more tantalizing and complex gourmet and stuffed burgers, to the truly daring and mouth-watering creations adapted from classic sandwiches such as the Groovin' Reuben, the Angel of Breath Burger and one of our favorites, the N'Awlins Muffaletta Burger, stacked high with delectable Italian meats and cheeses.

You will notice that we've developed a diversity of our best burger recipes based on ground beef, bison, chicken, turkey, pork, lamb and fish as well as a collection of delicious vegetable burgers including the succulent Portobello Burger. And we made sure to complement our burger collection with a "Fries, Sides, Rubs and Sauces" section; a collection of sides, toppings and seasonings designed to be used with, within, or on the burgers themselves. Whether you start simple or jump right in to test your grilling prowess with our more complex recipes, you are sure to discover many favorites to share and enjoy with family and friends.

Enjoy!



Beef Burger Recipes



The Basic Burger

This is a basic, yet classic hamburger recipe. You can build upon this Basic Burger recipe and create over 365 different kinds of burgers by either topping them with various cheeses, bacon, sauces, adding complementary condiments and/or by using other meats such as bison, chicken turkey, lamb, or pork. There are no rules besides sticking to the basics of meat selection and grind, fat content ratio, and grilling technique! A Burger-A-Day is the GrillJunkie™ way!

Ingredients:

1 & 1/2 pounds ground chuck - 80 % lean
 1/2 tablespoon sea salt or Kosher salt
 1/2 tablespoon freshly ground black peppercorns
 2 tablespoons of light olive or canola oil

4 hamburger buns or soft Kaiser rolls, split

Optional:

1 large beefsteak tomato - sliced
 4 crisp lettuce leaves
 4 slices of cheese of choice
 4 slices of Vidalia onion
 8 slices of cooked bacon
 2 tablespoons of mayonnaise

Preparation:

1. In a large bowl, gently divide the meat into four equal portions. Each patty should consist of approximately 6 ounces of ground meat.
2. Carefully and loosely form each divided portion into a patty that is $\frac{3}{4}$ -1 inch thick and about 4 & 1/2 inches in diameter being careful to not overwork the meat. Make a deep depression in the center of each of the meat patties with your thumb. This depression helps to prevent the burgers from bulging out in the center when grilled, and will reduce your temptation to push it down with a spatula which will squeeze the essential juices out.
3. Once formed, place patties on a clean plate, sprinkle both sides with salt and pepper, cover and refrigerate for at least 20 minutes.
4. Prepare the grill to medium-high heat and coat grill grates with cooking oil so as to avoid patties from sticking.
5. Remove patties from refrigeration, brush the burg-

ers with light olive or canola oil, and place the patties on the hot grill grates.

6. Grill and sear patties over medium-high heat for 4-5 minutes per side, or to desired doneness being sure they are cooked through and have reached an internal temperature of 165 degrees F. Remove grilled patties from grill and let them rest for 2-3 minutes.

7. To serve, stack each patty on one half of a hamburger bun, top with desired condiments and cover with remaining half of bun.

Tip 1: (Cheese choices and Melting): You have a gamut of cheese choices for your burger from American, Cheddar, Swiss and Monterey Jack, to Feta, Provolone, Mozzarella and more. Some cheese choices will melt

easier than others (Feta for example softens but does not really melt like Swiss or American). During the last minute of grilling, place the cheese on top of the patty, and either close the grill cover or create a heat "tent" over the burger with aluminum foil.

Tip 2 (Soggy buns and Stacking): For those of you who do not like a soggy bottom bun, spread a liberal amount of mayonnaise, or aioli, on the bottom bun before stacking the burger on top of it. This serves two purposes; it not only introduces color and flavor to the burger, but also acts to prevent moisture from the burger from being soaked up by the bun. Stack the burgers on the bottom buns first and work your way up by stacking on any lettuce, tomato slices, cucumbers, onions, and/or condiments of choice, followed by the top bun.

The Holy Cow 3 Cheese Burger

The trinity of “holy” Swiss cheese, goat cheese and Parmesan-Reggiano laid on a bed of bittersweet basil will have them praising the grilling gods of which you will be their most adored.

Ingredients:

1 & 1/2 pounds ground Chuck - 80 % lean
1/2 tablespoon sea salt or Kosher salt
1/2 tablespoon freshly ground black peppercorns
2 tablespoons of light olive or canola oil
4 slices of Swiss or Gruyere cheese
4 slices of goat cheese - round and thickly sliced to 1/2 inch each
1/2 cup freshly grated Parmesan-Reggiano cheese
1 large beefsteak tomato - thickly sliced to 1/2 inch each
1 handful of fresh basil leaves
4 hamburger buns or soft Kaiser rolls, split

Preparation:

1. In a large bowl, gently divide the meat into four equal portions. Each patty should consist of approximately 6 ounces of ground meat.
2. Carefully and loosely form each divided portion into a patty that is $\frac{3}{4}$ -1 inch thick and about 4 & 1/2 inches in diameter being careful to not overwork the meat. Make a deep depression in the center of each of the meat patties with your thumb.
3. Once formed, place patties on a clean plate, sprinkle both sides with salt and pepper, cover and refrigerate for at least 20 minutes.
4. Prepare the grill to medium-high heat and coat grill grates with cooking oil so as to avoid patties from sticking.
5. Remove patties from refrigeration, brush the burgers with light olive or canola oil, and place the patties on the hot grill grates.
6. Grill and sear patties over medium-high heat for 4-5 minutes per side, or to desired doneness being sure they are cooked through and have reached an internal temperature of 165 degrees F. during the last minute of grilling, top each burger with a slice of Swiss, a tomato slice, then the goat cheese topped off with some Parmesan-Reggiano. Close the cover or create a heat “tent” by covering each burger loosely with aluminum foil. Remove grilled patties from grill and let them rest for 2-3 minutes.
7. To serve, place some basil leaves on the bottom halves of each bun, stack a burger patty on top, and cover with upper buns. Add a few bacon strips to each and you have an entirely new burger.



Classic Beef Burgers and Healthier Alternatives



Essential Tools, Tips and Techniques



Learn How to Make the Perfect Patty

“This is for you, or for someone you know who is an outdoor grilling addict; A **GrillJunkie™**!

We know who you are. You are among the many weekend warriors obsessed with, addicted to, and consumed by thoughts of your next outdoor grilling quest to cook up a new recipe, use that new gadget, perfect that new technique, or simply fire up the grill and unwind a bit.”

“Whether it be in the privacy of your own backyard, at a tailgate, homecoming, the dorm, or a family or seasonal celebration, there are sure to be three important items on the menu - your love for grilling, something delicious to be grilled, and a gathering of friends and family. And there is nothing more satisfying to prepare, grill, stack, serve and enjoy than the unparalleled burger!”

“Our unique collection of grilled beef, bison, chicken, turkey, pork, lamb and veggie burgers will please both the grilling addict who enjoys the thrill of grilling and the family and friends that will gather together to enjoy the results.”

From our family to yours, Enjoy!

The GrillJunkie™ Team



Burger-A-Day Cookbook

www.GrillJunkieGuy.com