

# Chef from the Hood Recipes



**Chef:**

Dan Berman, our Culinary Director

**Restaurant:**

Pacific Markets

**Recipe:**

Burger Best Bets!



## **Burger Best Bets!**

Americans love a good, grilled burger. Quality beef and toppings make a burger great. A perfectly grilled patty of Pacific Market's premium house ground chuck or Eel River Organic Grass-fed free range beef, topped with melted local jack cheese. Wow! Add grilled onions, a slice or two of a fat, ripe, local heirloom tomato, some avocado, lettuce and grilled peppers. Mmmm! Spoon on some Sierra Nevada Stout Stone Ground Mustard. Bookend your creation with a grill-toasted Alvarado St. Bakery sprouted wheat bun. Or choose onion top or sourdough buns or split a ciabatta from Pacific Market's bakery. Stack on some Alexander Valley Pickle Co. Bread & Butter Slices or place one of their crunchy fresh chilled dills on the side. If you're extra ambitious, deep fry some skin-on wedges of Yukon Gold potato. Drain on a flattened paper bag and sprinkle on some coarse ground sea salt. Steamed corn and a fresh salad created in Pacific Market's deli make perfect, easy side dishes. We're as crazy about eating a good burger as you are. So we've assembled our best ingredients for burger lovers, then we put them on sale. From buns, to cheese, condiments, chips and ice cold beer, you'll find Pacific Market's selection and prices unbeatable. So fire up the grill, gather the family and friends, and get ready for the compliments. Napkins essential, silverware optional!

### About the beef:

Most chefs agree that chuck at 85% lean to fat is the perfect ratio. Too lean = too dry. Too fat = too much shrinkage. At Pacific Market we grind only USDA choice/prime beef everyday. Our slightly coarser grind results in a better burger. We also grind Eel River Organic Grass-fed Beef with the same 85% ratio. This excellent beef from a small, dedicated North Coast ranch, is well worth trying. Or try these convenience items: Creek Stone Black Angus in a one pound package is another quality choice. Eel River's pre-formed, frozen 1/3 pound patties are great to keep on hand if you love to grill the occasional spontaneous burger! We've got them at an incredible price this week, so stock up!

### At the grill:

Start with a clean grill. Some like to spritz a bit of oil on the beef patty. Employ medium heat and a steady fire. Use restraint! No fiddling! DO NOT press the patty down with your spatula! (You'll lose that tasty juice!) Flip patty the moment it releases from the grill. Check doneness with your finger. Medium has a little give, well done is firm. Take a peek with a small slit in the thickest part if you are not sure.

### Alternative burgers! :

Turkey or chicken burgers are often chosen because of their very low fat. We grind local turkey and cage-free chicken here daily. You can count on us to grind only quality poultry for a great tasting burger.. Vegetarians will be surprised by our huge selection of grain or tofu based burgers. Grilled Portabella mushrooms brushed with olive oil make a delicious beef substitute too.