



BURGERS & BUNS

MISE EN PLACE

- Wash and chop the rhubarb (rhubarb ketchup recipe).
- Melt butter for buns

HAMBURGER BUNS

Recipe by LARRY HARRIS

Ingredient	Weight	Baker %	
Bread Flour	730 g	90.0%	5 2/3 c
Whole Wheat Flour	81 g	10.0%	2/3 c
Total Flour	794 g	100.0%	
Water	100 g	12.3%	1/3 c plus 1 T
Milk	300 g	37.0%	1 1/4 c
Total Liquid	370 g	47.4%	
Salt	15 g	1.8%	2 t
Instant Yeast	11 g	1.4%	2 1/4 t
Sugar	28 g	3.5%	2 T
Eggs	150 g	18.5%	3
Butter	85 g	10.5%	5 T

TOTAL DOUGH 1500 g

Sesame Seeds (optional)	60 g	6 T
Egg	50 g	1
Water	15 g	1 T

- Melt your butter so that it cools a bit before it is added. Then heat up the milk, about 40-50 seconds in the microwave so that it is around 90°F.
- Mixing with Stand Mixer

- In the bowl of your stand mixture, with the paddle, combine 4.5 c (540 g) flour, sugar and yeast (note yeast is instant yeast not quick rise yeast, can be substituted with traditional or fresh yeast using appropriate conversion). Give it a short spin so the yeast is coated then add the salt and give it another mix.
- In a separate bowl whisk the eggs together, then whisk in the melted butter followed by the warmed milk and water (temperature should 90°F to 100°F).
- Add the egg mixture to the flour mixture that is in your stand mixture and mix with paddle for 2 minutes (4 on KitchenAid)
- Switch to dough hook and add remaining flour (extra ¼ c if needed) to bowl and knead for 7 minutes until it clears sides, start slow then increase speed to 2 on a KitchenAid. You may need to add the additional ¼ cup of flour.
- Turn the dough out onto a very lightly floured surface and give a few turns, until you have a nice smooth dough.
- **Mixing by Hand**
 - In a large bowl, combine flours, sugar and yeast (note yeast is instant yeast not quick rise yeast, can be substituted with traditional or fresh yeast using appropriate conversion). Mix thoroughly with a whisk.
 - In a separate bowl whisk the eggs together, then whisk in the melted butter followed by the warmed milk and water (temperature should 90°F to 100°F).
 - Add the egg mixture to the flour mixture and mix together using your hand or a spatula. When thoroughly combined knead in the bowl for about 3-4 minutes to bring together into a good ball of dough.
 - Turn the dough out onto a lightly floured surface and knead for 5-8 minutes, until you have a nice smooth dough.
- Place dough into an oiled bowl, flip over so the top is coated and then cover with plastic wrap. Let the dough rise in a warm draft free area for until doubled in size, about 1 to 1.5 hours.
- After the dough has risen it can now be shaped. There should be about 1500 g of dough, using a dough knife divide into 12 – 125 g pieces for 12 buns. Roll into ball shape. Place on parchment lined and lightly floured sheet tray (4 rows of 3) so there is space between each bun, lightly press to flatten so it resembles hamburger bun.
- After shaping, let them rise for another 30- 45 minutes, covered with towel.
- Set oven to 400°F to warm up.
- After the final rise, mix together the 1 egg and 1 T water thoroughly to make the egg wash.
- Brush each bun with egg wash. If desired sprinkle with sesame seeds (white and/or black)
- Bake for 12-14 minutes until golden (200°F in centre), let cool on wire rack until completely cool.

HAMBURGERS

Recipe by KATHRYN JOEL

Ground beef, or grind your own using steak trimmings 140 g (5 oz) to 200 g (7 oz) per burger

1 tsp salt per 450 g (1 lb) ground beef

Freshly ground black pepper

Sliced cheese of choice, we like aged cheddar (optional)

Hamburger Buns (recipe below)

quick pickles (recipe below)

rhubarb ketchup (recipe below), or other ketchup of your choice

mayonnaise or aioli (recipe for aioli included below)

mustard

- In a bowl, combine the ground beef with the salt and pepper, and mix just to combine.
- Divide into equal portions from 140 to 200 g each, depending on your preferred burger size, then form each portion into a tightly packed ball, rolling in your hands to prevent air pockets.
- With your hands, flatten each ball into a disc, smoothing any cracks at the edges.
- Heat your grill to high, or heat a cast iron pan over a medium heat.
- Cook on one side until nicely seared, about 3 minutes, then turn and cook for another 3 minutes approximately. Alternatively you can use an instant read thermometer and cook to medium rare if grinding your own meat or buy it from a local butcher (145 F) or to medium for commercially ground (supermarket) meat (160 F) – your burgers will keep cooking as they rest so take them off the grill / out of the pan when their internal temperature is 5 F lower.
- If using cheese, add it after you turn the burgers.
- Rest for five minutes.
- Serve on toasted buns, with your preferred condiments and garnishes.

QUICK PICKLES

Recipe by KATHRYN JOEL

1 cup white wine vinegar

5 tbsp sugar

3 tbsp salt

1 tbsp coriander seeds

1 lemon, sliced

handful fresh dill OR cilantro

Vegetable of your choice

Cucumber, thinly sliced (we like using baby pickles, available at Lacombe Fresh at our local farmers' markets)

Jalapeño, thinly sliced (in Edmonton, we like the local jalapeños from Lacombe fresh)

Red onion, thinly sliced

- In a medium pot, combine the vinegar, sugar, salt, coriander seeds, lemon and herbs (either dill, or cilantro) – depending on the quantity of vegetables that you are pickling, you may want to double the recipe.
- Heat gently to dissolve the sugar then increase the heat and bring up to a boil.
- Place your prepped vegetables in separate bowls.
- Strain the brine and pour it over your vegetables.

RHUBARB KETCHUP

Recipe by KATHRYN JOEL

2 cups chopped rhubarb (2.25 cm / 1 inch pieces)

juice and zest of 1 orange

1 medium onion, chopped

extra virgin olive oil

2 garlic cloves, chopped

1 tsp dried ginger

1/4 tsp ground cloves

75 ml bourbon

1/3 cup brown sugar (or to taste)

1/2 cup honey (or to taste)

1/2 to 1 tube or can of tomato paste

2 tbsp apple cider vinegar, we like Bragg's

1 tbsp Dijon mustard, or to taste

hot sauce, to taste

- In a medium pot, heat some olive oil over a medium high heat.
- Add the onion, seasoning with salt and reduce the heat to medium. Sweat until softened, a few minutes.
- Now add the garlic, ginger and ground cloves, stirring and cook briefly, just until fragrant.
- Add the rhubarb, and stir to combine then deglaze with the bourbon.
- Add the brown sugar, orange juice and zest, and heat to a simmer, allowing the sugar to dissolve.
- Cook at a simmer, covered, until the rhubarb has softened, adding water if the sauce is too thick.
- Now add the tomato paste, honey, vinegar, worcestershire sauce, Dijon mustard and (optional) hot sauce. Season to taste with salt, and adjust the seasoning with honey and vinegar to taste.
- Transfer to a blend, and blend to a purée.
- Reserve in your refrigerator.

EQUIPMENT

Weighing Scale

Measuring spoons and cups

BBQ, or use a cast iron pan

Cutting Board and Knives

Bowls

Mandoline for slicing vegetables for pickles (optional)

Microplane or other grater

Medium pot with a lid, for ketchup

Stand Mixer

Dough Knife

Baking Sheets

Pastry Brush

Plastic Wrap

BONUS RECIPES

NOTE: The following recipes are a complimentary option for you to consider making, but will not be taught during your class.

AIOLI

Recipe by KATHRYN JOEL

2 egg yolks

300 ml cold pressed canola oil

3 cloves garlic, grated

salt and lemon juice to taste

- Combine egg yolks and garlic with a little lemon juice and salt.
- Gradually whisk in the oil, drop by drop, until emulsified. Once emulsified, you can add the oil more rapidly.
- Continue adding oil until you achieve the desired consistency.