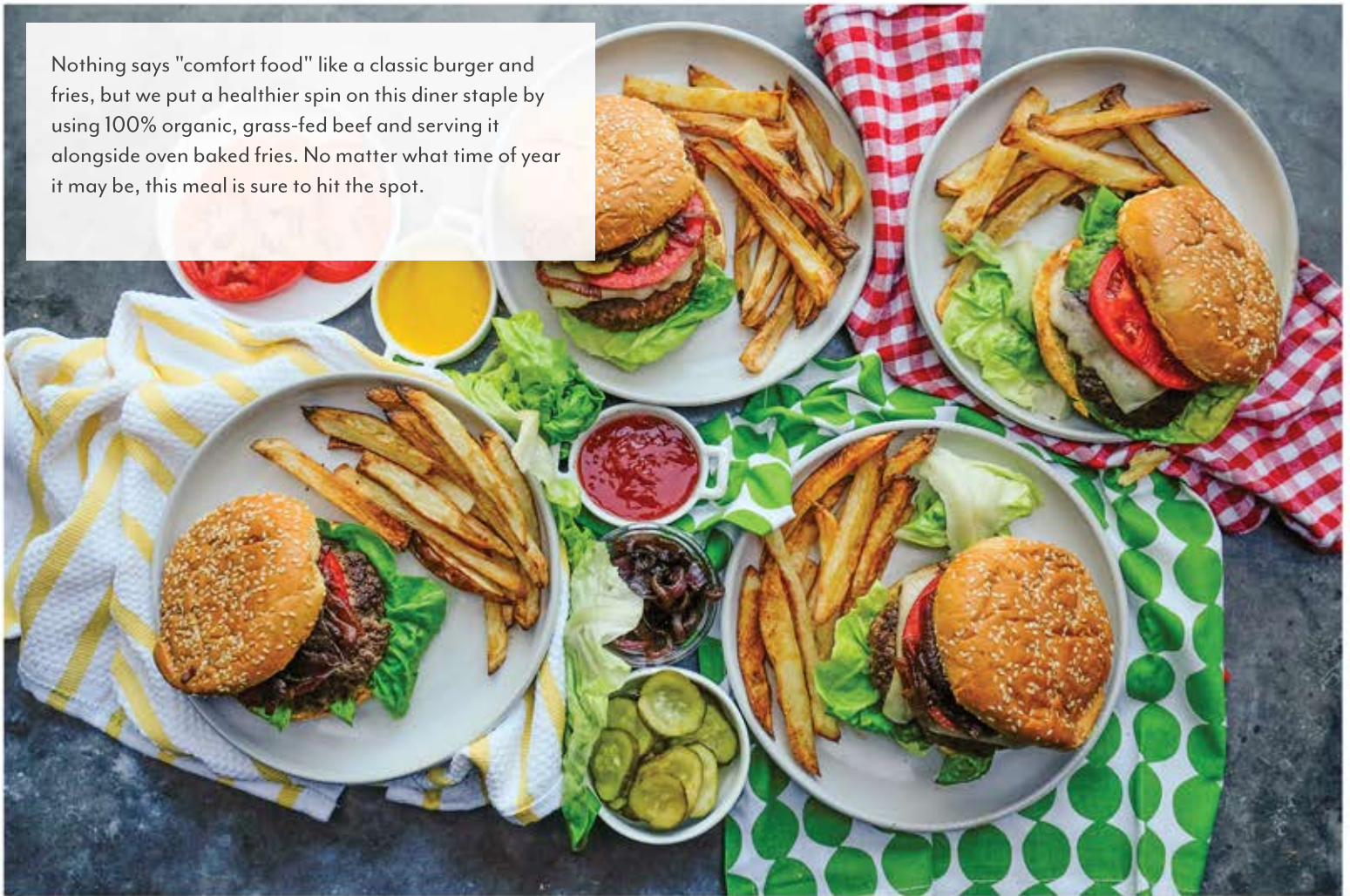


Nothing says "comfort food" like a classic burger and fries, but we put a healthier spin on this diner staple by using 100% organic, grass-fed beef and serving it alongside oven baked fries. No matter what time of year it may be, this meal is sure to hit the spot.



Ingredients

yukon gold potato fries	house ketchup
ground beef	red onion marmalade
aged swiss	boston lettuce
burger buns	tomato
special sauce	butter pickles

Ingredient Breakdown

Beef: grass fed beef.

Special Sauce: mayonnaise (vegetable oil, olive oil, pasteurized egg yolks, lemon juice, red wine vinegar, salt), lemon juice, cornichons, capers, tarragon, parsley, chervil, and shallots.

One Potato Ketchup: tomatoes, dried guajillo chilies, dried mexican chilies, chipotle en-adobo, cane sugar, white wine vinegar, onions, garlic, aromatics spices, and salt.

Red Onion Marmalade: red onions, reduced burgundy wine, aged red wine vinegar, sugar, and aromatics.

Butter Pickles: kirby cucumbers, onions, white wine vinegar, sugar, cane sugar, celery seed, mustard seed, coriander seed, and salt.

Burger Buns: flour, water, non-fat milk, yeast, and salt.

Gluten Free Burger Buns: udi's hamburger buns.

WHAT YOU NEED colander/strainer, dish towel, baking sheet, large skillet, spatula

FROM YOUR PANTRY vegetable oil, salt (kosher or sea), pepper



1

Preheat the oven to 450° F.

Drain the water from the potatoes and place them on a dish towel. Lightly oil a sheet pan, and lay the drained potatoes in a single layer on the baking sheet pan (use two baking sheets if necessary).

Bake fries for 15-20 minutes, or until golden. Remove from the oven, sprinkle with salt and serve hot.



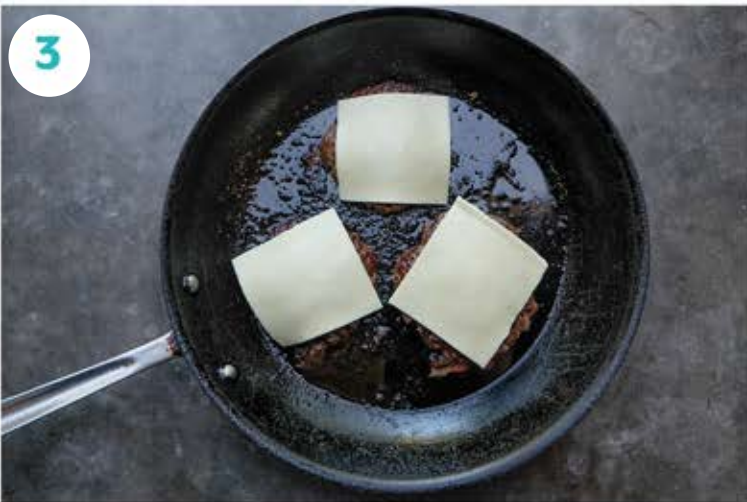
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one potato suggests reading through the recipe before you start cooking!

While the fries are cooking, slice the tomato into ¼” slices.

Divide the ground meat into the number of hamburgers you are preparing. Lightly form patties around the same diameter as the buns.

Warm 2 tablespoons of oil in a large skillet set over medium heat. When the oil is hot, place the burgers into the skillet and cook on one side until bottoms are nicely browned. Flip the patties over and continue cooking (5 additional minutes for medium rare, 8 for medium, 10 for well done).



3

Just before the burgers are finished cooking, place a slice or two of cheese on top of each one, let melt and remove the burgers from the pan.



4

Spread 1 tablespoon of special sauce on each bun bottom, followed by a tablespoon of ketchup. Place a burger on the bun, followed by a spoonful of red onion marmalade. Place a leaf or two of lettuce over each burger bun top, followed by a slice of tomato and three to four slices of pickles (or however you like it!). Top with the remaining half of the burger bun.

Serve the burgers accompanied by the French fries, and the remaining ketchup, special sauce and pickles. Enjoy!



GETTING KIDS INVOLVED

Kids can help make the fries and assemble the burgers.

TIPS



COOKING

Make the burgers more kid-friendly by shaping the meat into mini sliders. While a giant burger might look daunting to a three year-old, she may be interested in eating one that's just her size!



ENCOURAGING KIDS TO TRY

If the weather is warm, feel free to cook the burgers on the BBQ instead of on the stove-top.