

Burgers and Potato Salad

It's Sunday in the heart of the summer. That means it's time to fire up the outdoor barbecue and toss some burgers. We'll use Beyond Meat patties and seasonal condiments, including crisp new lettuce.

To make this dinner extra special, we'll throw in corn on the cob and a classic homemade potato salad. Add some seasonal ripe melon on the side.

Preparation time: 2 hours (Includes chilling time for potato salad) - Serves: 4

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients before you begin cooking. Today you'll need two preps for the sweet onion: prep 1-1/2 C. chopped onion for the potato salad and then 4 sliced rounds for the burgers.

Potato Salad

3 eggs

4 C. red potatoes – that's about 5 medium-size potatoes (scrubbed but not peeled)

1 C. celery - about 2-1/2 stalks (chopped)

1-1/2 C. sweet onion (chopped)

1 C. dill pickle (chopped)

Dressing for Salad:

3 T. low-fat mayonnaise or veganise

1/3 C. plain, nonfat Greek yogurt

1-1/2 tsp. Dijon mustard

1/2 tsp. Paprika

1 T. fresh chopped dill

2 T. sweet pickle juice

1/2 tsp. salt

1/2 tsp. ground black pepper

Sweet Corn

3 quarts water

1/2 tsp. salt

4 ears sweet corn (shucked)

Burgers

4 burger buns

2 T. mayonnaise or veganise

4 Beyond Meat burger patties (or equivalent)

4 slices extra-sharp cheddar cheese

4 slices sweet onion (sliced 1/8" thick)

4 slices large tomato

1/2 C. lettuce leaves (chopped)

mustard and catsup as needed

Fruit Finish

1 chilled cantaloupe (seeded, peeled and sliced into thin wedges)

*If You're Grilling
Burgers, Fire up the Grill!*

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Make the potato salad early and chill until dinner time.

Hardboil Eggs

Bring 3 C. water and a pinch of salt to a hard boil. Lower eggs into the boiling water. Reduce heat to medium and set a timer for 11 minutes. When timer sounds, remove from heat and let stand for 1 more minute. Transfer eggs to a bowl of ice water. Peel and chop when well chilled.

Potatoes

Dice scrubbed potatoes. Bring 1 C. salted water to a hard boil. Boil diced potatoes 6-8 minutes until tender. Remove from heat and place in ice water. Drain before adding to salad.

Potato Salad

Potato Salad:

Place chopped egg, diced potatoes, celery, onion and dill pickles in a large bowl.

Dressing for salad:

Combine dressing ingredients in a small bowl. Stir well and pour over salad. Toss until all salad ingredients are coated. Cover and chill for 1 hour or more.

Sweet Corn:

Sweet Corn/Burgers/Plate

1. About 1/2 hour before you wish to dine, bring 3 quarts of water with 1/2 tsp. salt to a hard boil. (Begin grilling burgers while waiting for water to boil.)
2. Slip corn into water and set a timer for 5 minutes once water returns to a boil.
3. Drain and set aside when timer sounds.

Burgers:

1. Brown burgers on grill or per cooking directions. Place cheese slices over burgers after last turn on the grill.
2. While burgers cook, toast bun halves and spread with mayonnaise.
3. Place burgers on toasted buns and top with onion, tomato and lettuce.
4. Set mustard and catsup on the table for diners to use as they please.

Plate:

Serve 1 burger, 1 ear of corn and 1 C. potato salad per diner. Finish with chilled melon slices.

What I've Learned from this Recipe

You may discover that a loaded hamburger is a lot to eat when adding sweet corn and potato salad to the mix. My wife and I often split a burger when enjoying this meal.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com