

Great Beef Burgers on Rosemary Buns

The nutty-tasting green, arugula, brings great flavor and crunch to the burgers. These burgers are also delicious made with ground lamb.

Makes 6 burgers

Roasted Red Pepper Mayo

1 small red bell pepper or 1/3 cup diced, purchased, roasted red pepper
1/3 cup mayonnaise

Burger Mixture

1 1/2 pounds ground beef
3/4 teaspoon fresh ground black pepper
3 tablespoons Dijon mustard
1 1/2 teaspoons minced fresh rosemary
1 1/2 tablespoons minced onions
1 1/2 teaspoons minced garlic
1 tablespoon balsamic vinegar
1 egg
salt to taste

Accompaniments

whole-grain mustard
thinly sliced Walla Walla Sweets or red onions
washed and dried arugula or lettuce leaves
6 Rosemary Buns (recipe follows) or substitute quality store-bought buns spread with garlic butter that has minced fresh rosemary added to it

To make the Roasted Red Pepper Mayo:

Roast red pepper over hot flame or grill until skin is very charred. Peel, seed and pat dry. Mince very fine and then combine with mayonnaise in a small bowl. Refrigerate until needed. (This recipe can be made up to 3 days in advance.)

To make burgers:

Heat grill until hot. Mix burger ingredients together well in a medium-large bowl. Divide meat into 6 portions, and shape into 1/2-inch-thick patties. Oil the grill, and set patties apart on grill, turning when first side is browned. Cook to desired doneness. Split the buns and toast lightly. Place burgers on buns and serve with grain mustard, roasted red pepper mayonnaise, thinly sliced onion and arugula or lettuce as desired.

Rosemary Garlic Buns

Makes 6 buns

1/2 cup milk
1 tablespoon butter
2 tablespoons sugar
1/2 teaspoon salt
1 package dry yeast
1/3 cup warm water (90 degrees F.)
2 eggs
2 teaspoons finely minced fresh rosemary or 1/2 teaspoon whole dry rosemary, minced
2 cloves garlic, minced
2 tablespoons fresh-grated Parmesan cheese
2 1/2 cups all-purpose flour
2 teaspoons poppy seeds

Preheat oven to 350 degrees F.

In a small saucepan bring milk just up to a simmer, remove from heat and stir in butter, sugar and salt. Dissolve ingredients and cool till lukewarm. Pour into a large mixing bowl.

Dissolve yeast in the warm water, then add to milk mixture. Whisk one of the eggs and stir in along with the rosemary, garlic and 1 tablespoon of the Parmesan cheese. Mix in as much flour as needed to make a smooth, moist dough. Knead until smooth. Place in a large greased bowl, turn to grease all sides of dough lightly, cover with a clean dish towel and let rise in a warm place until doubled, about 1 1/2 hours.

Punch down and divide dough into 6 pieces. Roll into balls and let rest 10 minutes, covered with the towel. With a well-floured rolling pin, roll balls into 4-inch rounds. Place on a greased baking sheet. Cover lightly with towel and let rise until almost doubled.

In a small bowl whisk remaining egg together with 1 tablespoon water. Brush the tops of the buns lightly with egg wash and place in oven. When light browning begins to take place, remove buns from oven and very quickly repeat egg wash and sprinkle buns with poppy seeds and remaining Parmesan cheese. Quickly return to oven.

Bake until golden brown. Total baking time will be about 20 minutes.