

# BLUE CHEESE, CRISPY ONION RINGS, BBQ KIDNEY BEAN BLENDED BURGER \*\*

ADDING BEANS TO A BURGER NOT ONLY REDUCES THE AMOUNT OF ANIMAL  
PROTEIN, BUT ALSO KEEPS THE BURGERS JUICY!

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Crispy Red Onion Rings</i>	
Canola oil for deep frying	as needed
Wondra flour	2 cups
Salt	as needed
Ground black pepper	as needed
Cayenne	as needed
Red onion, thinly sliced	1 ea.
Buttermilk	1 cup
<i>Spicy Blue Cheese Mayonnaise</i>	
Mayonnaise	½ cup
Blue cheese, crumbled	1 oz.
Hot sauce	1 Tbsp.
Smoked paprika	2 tsp.
Garlic, grated	½ tsp.
Parsley, chopped	2 tsp.
Chives, chopped	2 tsp.
Green onions, chopped	1 Tbsp.
Lemon zest	½ tsp.
Salt	as needed
Ground black pepper	as needed
<i>Burger</i>	
Ground Beef	1 lb.
Red onion, finely diced	3 oz.
Garlic cloves, finely minced	2 ea.
Salt	2 tsp.
BBQ Spice Mix, (recipe follows)	6 Tbsp.
Red Kidney beans, rinsed and drained	1 cup
Blue cheese, large crumbles	6 Tbsp.
<i>Assembly</i>	
Buns, toasted	6 ea.
BBQ Spice Mix	6 oz.
Pickles, sliced lengthwise	2 ea.
Lettuce leaves, frisee or red leaf	6 ea.

## Method

1. *For the Crispy Red Onion Rings:* Heat oil to 350°F.
2. Season flour with salt, pepper, and cayenne pepper.
3. Soak the onions in buttermilk. Shake off the buttermilk and toss in seasoned flour.
4. Shake off the flour and fry for 2 to 3 minutes until crispy. Remove slices and drain on paper towels. Sprinkle with additional salt, pepper, and cayenne.
5. *For the Spicy Blue Cheese Mayonnaise:* Combine all ingredients. Season with salt and pepper as needed.
6. *For the Burgers:* Gently mix the ground beef, onion, garlic, salt and BBQ Spice Mix.
7. Pat the beans dry on a paper towel. Coarsely chop the beans into large pieces --do not over chop.
8. Gently add the beans to the beef, mixing well.
9. Form into six balls. Place 1 tablespoon of crumbled blue cheese in the center to enclose the blue cheese. Gently flatten into a thick patty.
10. Refrigerate for 30 minutes or more.
11. *To Cook the Burgers:* Heat an oven to 150° F to rest the burgers.
12. Heat a cast-iron skillet or non-stick griddle pan over medium-high heat.
13. Add a little oil and place the burgers on the griddle. Cook for approximately 3-4 minutes per side. Sprinkle with more BBQ spice and then transfer to the warm oven until the burger is cooked to the desired doneness and ready to assemble.
14. Slather each bun with the Spicy Blue Cheese Mayonnaise. Place lettuce on the bottom bun, top with the patty, sliced pickles, Crispy Onions, and the top bun.

Source: As presented to The Culinary Institute of America and Northarvest Bean Growers by Chef Toni Sakaguchi. 2020.

# BBQ SPICE MIX

*Yield: 1 ¾ Cups*

<b>Ingredients</b>	<b>Amounts</b>
Brown sugar, dark	¾ cup
Paprika, smoked	½ cup
Garlic powder	2 Tbsp.
Kosher salt	3 Tbsp.
Mustard powder	2 Tbsp.
Onion powder	2 tsp.
Cayenne	1 tsp.

## **Method**

1. Combine all ingredients and mix until fully incorporated