



## Bobby Flay's Burgers, Fries, and Shakes

By *Bobby Flay, Stephanie Banyas, Sally Jackson*

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## **Bibliography**

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### Editorial Review

Amazon.com Review

#### Book Description

After a long day spent in one of his restaurants or taping a television show, what Bobby Flay craves more than anything else is... a crusty-on-the-outside, juicy-on-the-inside burger; a fistful of golden, crisp, salty fries; and a thick, icy milkshake. Given the grilling guru's affinity for bold flavors and signature twists on American favorites, it's no surprise that he has crafted the tastiest recipes ever for this ultimate food trio.

Though he doesn't believe in messing with delicious certified Angus chuck (just salt and pepper on the patty--no "meatloaf" burgers here), Bobby loves adding flavorful relishes and condiments to elevate the classic burger. Once you've learned what goes into making that burger (from how to shape it so it cooks up perfectly to melting the cheese just so), go to town with Bobby's favorite combinations of additions. Try the Cheyenne Burger, which gets slathered with homemade barbecue sauce and then piled high with bacon and shoestring onion rings, or the Santa Fe Burger, topped with a blistered poblano, queso sauce, and crumbled blue corn tortilla chips. And although Bobby's personal preference is for beef, turkey can be substituted in any burger, and a handful of salmon and tuna burger recipes are included for those looking for leaner options.

After you've mastered the burger, discover Bobby's secrets to cooking up the best French fries--whether they're fried, grilled, or oven roasted, or made from spuds, sweet potatoes, or even plantains--as well as homemade potato chips and onions rings. Wash it all down with a creamy shake, from Fresh Mint-Chocolate Speckled Milkshake to Blackberry Cheesecake Milkshake (or a spiked adult variation).

With the opening of Bobby's Burger Palace in Lake Grove, New York, on Long Island--and with more locations to come--Bobby has achieved burger, fry, and shake bliss in the world. For outdoor summer bashes and casual weeknight meals that even the kids will get excited about, *Bobby Flay's Burgers, Fries and Shakes* will share that bliss and remind you just why the burger is such a beloved American original.

#### From **Bobby Flay's Burgers, Fries, and Shakes**: Miami Burger

A trip to Miami wouldn't be complete without stopping for an authentic Cuban sandwich, hot off the press and stuffed with roasted pork, smoked ham, garlicky mayonnaise, tangy mustard, dill pickles, and oozing Swiss cheese. It's almost enough to make you miss your flight home. Turning this Cuban specialty into an American one isn't hard to do: just replace the roasted pork with a good old hamburger. Pressing the assembled burger not only yields a crispy toasted bun, but also ensures that all of the elements meld into one cohesive, mouthwatering sandwich. (Serves 4)

#### Ingredients



- 1 pound ground chuck (80 percent lean) or ground turkey (90 percent lean)
- Kosher salt and freshly ground black pepper
- 1 1/2 tablespoons canola oil
- 1/2 cup mayonnaise
- 4 cloves roasted garlic, mashed
- 4 hamburger buns, split
- 1/4 cup Dijon mustard
- 8 thin slices Swiss cheese
- 4 thin slices smoked ham
- 2 dill pickles, sliced into 1/4-inch-thick slices

### Directions

1. Divide the meat into 4 equal portions (about 6 ounces each). Form each portion loosely into a 3/4-inch-thick burger and make a deep depression in the center with your thumb. Season both sides of each burger with salt and pepper. Cook the burgers, using the oil. Remove the burgers to a plate.
2. Combine the mayonnaise and roasted garlic in a small bowl and season with salt and pepper to taste. Spread both sides of each bun with the mayonnaise and the mustard. Place a slice of cheese on each bun bottom, place a burger on top, and then top the burger with a slice of ham, another slice of cheese, and some pickle slices. Cover with the bun tops.
3. Cook the burgers on a sandwich press or wrap the burgers in aluminum foil and cook in a hot skillet over high heat (put a heavy skillet on top of the burgers to press them) until golden brown and the cheese has melted, about 1 1/2 minutes per side. Serve immediately.

### From *Bobby Flay's Burgers, Fries, and Shakes: Sweet Potato Fries*

I happen to love sweet potatoes and think they are great fried. One thing that you have to keep in mind when making this recipe is that sweet potato fries will never, ever be as crispy as fries made with regular potatoes; blanching them in oil or extending the soaking time won't change that. Sweet potatoes are very high in sugar and this keeps them from getting crisp. Their sugar content also makes them darken faster than standard potatoes, so don't walk away from the pot when making them! I prefer my sweet potato fries with the skin on, but if that's not to your liking feel free to peel them. For an extra hit of flavor, try seasoning the hot fries with a few tablespoons of either the Barbecue Seasoning or the Mediterranean Seasoning. (Serves 4)

### Ingredients



- 5 large sweet potatoes
- 1 quart peanut oil
- Kosher salt

### Directions

1. Cut the potatoes lengthwise into 1.4-inch-thick slices, then cut each slice lengthwise into 1/4-inch-thick fries.
2. Heat the oil in a heavy-bottomed medium stockpot over medium heat, or in a tabletop deep fryer, to 365 degrees F. Line a baking sheet with paper towels and set aside.
3. Fry each batch until golden brown, 3 to 4 minutes. Remove to the baking sheet lined with paper towels and season immediately with salt. Serve hot.

### From Publishers Weekly

Starred Review. In an effort to prove that he's a regular ole gourmand like the rest of us, Flay (Iron Chef, restaurateur and prolific cookbook author) makes a simple and wholly effective statement, A cheeseburger with fries and a shake. Done right, it doesn't get much better than that. Toward that end, here are tips on the best meat, potato and ice cream to employ, and instruction on the preferred ways to grill, deep-fry and blend. Full-page, full-color photos make options like the Greek burger (with feta cheese and Greek yogurt) and the garlic butter burger even more seductive than their toppings do already. There are fries of every thickness and even onion rings get their due. Both beer-battered and buttermilk are explored. Of course, Flay wouldn't be Flay without a chapter on condiments and seasonings so chipotle ketchup, red chili mustard and 14 others are at hand. Another reason why this collection is so satisfying: put the word milkshake in the name of any recipe and there is no turning away. Blackberry cheesecake milkshake is a must-have before even knowing that cream cheese and lemon zest are involved. The peanut butter-banana-marshmallow milkshake is puffed with Marshmallow Fluff, while the peach Bellini milkshake uses a blend of whole milk and peaches instead of ice cream, and is set afizz with Champagne. (Apr.)

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### From Booklist

Ubiquitous on TV's food shows, Manhattan restaurateur Flay has added to his empire a chain of suburban diners featuring that uniquely American trio of burgers, fries, and shakes. Flay presents a cookbook based on this minichain's bill of fare. In addition to the expected standards, Flay offers a spicy Oaxacan burger with simplified red mole sauce; a trattoria burger with mozzarella, tomato, and basil; and a Greek burger crowned with feta cheese, olives, and yogurt sauce. For the beef-averse crowd, there are salmon and tuna burgers and a remarkable Cobb salad turkey burger. Those lacking the hardware for proper deep-frying can make Flay's oven-baked potato wedges. Flay also offers some useful hints for frying crunchy onion rings at home. Shakes come in many flavors, from simple chocolate and strawberry to elaborate toasted almond and even lemon-meringue-pie milkshakes. --Mark Knoblauch

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### **Kevin Hamby:**

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### **Barbara Wheat:**

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