

Your Personal Chef

BY Chef Brian



Today is a beautiful day for Mesquite-Wood Smoked BBQ Burger Party. The menu is simple today, smoked Angus Beef or ground Turkey Burgers, smoked Onions & Tomatoes, assorted Aioli sauces, Whole Wheat buns and cold beer; just add a few friends and some good music and you have a real party. Almost anyone can build a small fire and add soaked wood chips to a grill and cook burgers; yet the addition of very flavorful sauces and smoked red onions and tomatoes puts this menu to the top of the ultimate BBQ menu scale. This is truly one of my favorite Summer time menus to serve guests, family and friends. The aroma of burning mesquite wood somehow makes everyone hungry, the anticipation of a good meal with friends, a couple of cold beers by the pool on a hot summer day, and well it doesn't get much better than that...

The Aioli sauces can be made a day in advance and held in the refrigerator covered in plastic. An Aioli is a garlic mayonnaise based sauce and is very versatile in its applications; traditionally the mayonnaise is made from scratch by adding to a food processor some egg yolks, a little lemon juice, garlic and emulsifying them together by slowly adding a vegetable oil (or olive oil) until it is thickened and creamy. For the ease of these recipes, I will use plain whole egg mayonnaise, or if your end result is a lower calorie sauce use light, low-calorie mayo or fat free Mayo.

THE THREE AIOLIS I AM SERVING WITH THE SMOKED BURGERS ARE:

SWEET BASIL PESTO:

In a food processor add:

- 2 cups sweet basil leaves, solidly packed with no stems
- 2 cloves fresh garlic
- 1/4 cup Parmesan cheese
- 1/3 cup either pine nuts, or walnuts, and sometimes really like to use toasted cashews in pesto (yum)
- 1 Tbl. spoon Olive oil
- 1 cup mayonnaise (use fat free if looking for a low calorie option)
- 1/2 teaspoon Salt & Pepper to taste

CHIPOTLE CILANTRO AIOLI:

In a food processor add:

- 1 piece of canned chipotle pepper
- 1 teaspoon of the adobe sauce from the canned peppers
- 1 teaspoon garlic powder
- 1 teaspoon of onion powder
- 1/4 cup BBQ sauce
- 1 cup mayonnaise (use fat free if looking for a low calorie option)
- 2 Tbl. spoons chopped cilantro

SESAME GINGER AIOLI:

In a food processor add:

- 1 Tbl. spoon fresh cut, peeled ginger
- 1 clove garlic
- 1 teaspoon onion powder
- One chopped green onion
- 2 Tbl spoons soy sauce
- 1 1/4 Tbl. spoon toasted sesame oil
- 2 Tbl. spoons Rice wine vinegar
- 1 cup mayonnaise (use fat free if looking for a low calorie option)
- A few drops of Sriracha Hot Red Chile sauce (more if you like it spicy)

DIRECTIONS

Put the sauces in serving dishes, cover with plastic wrap and store in refrigerator.

Prepare the grill for cooking. To start with, put a few handfuls of very small Mesquite wood chips in a container and cover with water and let stand for an hour till ready to use. In your BBQ arrange the coals in a pyramid pattern for easy and consistent burning; light the coals, put on the grill rack and when the coals are white-hot drop a large handful of soaked wood chips, avoid adding the water so to not extinguish the heat, replace the lid and let the smoke accumulate.

In two separate large bowls: Place in one bowl 1/2 inch thick Red onion slices; drizzle the onions with Olive oil, Balsamic vinegar, salt and pepper. In the other Bowl, add either Roma Tomatoes cut in half lengthwise or 1/2 to 3/4 inch thick slices of Heirloom tomatoes; drizzle with Olive oil, Balsamic vinegar, a teaspoon fresh pureed garlic, salt and pepper. Marinate for a 5 minutes and place on the smoking grill and cover for about ten minutes, maybe more or less depending on the temperature of the grill, be sure turn only one time so they won't fall apart... When vegetables are done and smoked place on a platter and let rest so the intense smoke flavor can mellow while the meat is cooking.

To cook the burger patties, season the meat with salt and pepper, allow the grill and coals to come back to high temperature. Put another handful or two of soaked wood chips with no water on the coals. Cook meats to desired temperature, melt cheese (if desired) and serve immediately. Enjoy this memorable and delicious meal.



If you have any questions or would like a quote, consulting or recipes please write me at chefbrian310@yahoo.com.

Please also view my website at <http://chefbrian310.tripod.com>