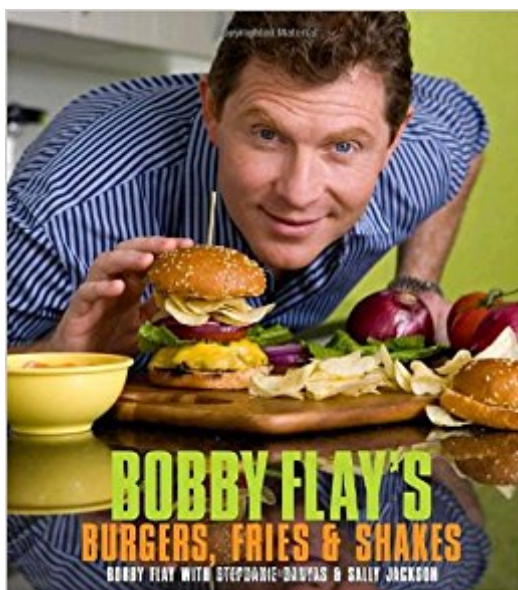


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# Bobby Flay's Burgers, Fries, And Shakes



## Synopsis

Bobby Flay's Burgers, Fries, and Shakes

## Book Information

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## Customer Reviews

**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 Flay'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.

**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.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

This is an outstanding burger book. It's not a huge volume, but the recipes are superb! He includes beautiful photos for about half of the recipes. Pictured below: 1) My family's nuts for the Dallas Burger. He treats it like a brisket, and has you coat the burgers in a nice crust of dry rub, and then douse it with BBQ sauce after flipping. Then it's topped with coleslaw and homemade pickles. We're from Ft. Worth, and the Texas bbq essence is definitely in there! A little watermelon, and you're golden. 2) The Argentinean burger is simple and amazing. The chimichurri is super flavorful! I grilled some potatoes, and onions slathered in garlic oil, salt and pepper to go with it, and tossed in grape

tomatoes for the last few minutes.3) The Oaxacan Burger is terrific! The recipe makes enough of the mole and pickled onions to make the burger recipe four times! Awesome! Corn with a little butter, chili powder, paprika, salt and pepper, and lime is perfect with this. Stir in a spoonful of mayo and sprinkle it with queso fresco if you're feeling indulgent.4) Buffalo (chicken) Burger [f&S](#) p 27 with Blue Cheese Sauce [f&S](#) p 110 and Homemade Potato Chips [f&S](#) p 98. All the taste of buffalo chicken wings without the effort. Nice. He just says hot sauce, but doesn't mention which. I went with the classic, atomic orange, Frank's hot wing sauce.5) Santa Fe Burger [f&S](#) p 63 with Oven Roasted Fries [f&S](#) p 92 with Southwestern Seasoning [f&S](#) p 118. Delicious burger! Beef with a Monterey jack queso sauce, tortilla chips, and roasted poblano. I thought I might as well make the oven fries since it was already heated up from the poblano. Yum!! can't wait to try the rest! The classics are there, but some really interesting ones are, too. It's not all beef. Turkey and fish are in the mix, too. I haven't tried any of shakes yet, but they look good, too. If you love a summer full of burgers, you need this!

My brother has taken up a challenge that he will eat a burger everyday. He has had a different burger everyday for the past 164 days. He says he's either going to do it for an entire year or until he gets sick of them. He's found out that it's hard to get sick of burgers because they are extremely versatile. (If anyone is worried about his health, don't be because he exercises regularly and regulates his diet around the burger). He once asked, on Facebook, if anyone had any recipes since he "enjoys" making some of the burgers at home. Hence, I got Bobby Flay's "Burgers, Fries & Shakes." The cookbook features burgers, fries, and shakes. Go figure. The pictures of the food are really good. My brother made a crack about how creepy it is to see Bobby Flay in so many pictures though. In hindsight, it is kind of creepy.

I've always enjoyed Bobby Flay, thought I would try his cookbook, after reading some of the recipes ,they look really good but haven't tried any as of yet.

The recipe for blackberry cheesecake milkshake makes this book worth the price. We've enjoyed the chimichurri burger many times, although we double the recipe. We've found Bobby's philosophy of keeping the patty simple by not adding in eggs, bread crumbs, onions, etc is by far the best way to eat a burger. Also, he suggests putting a thumbprint in the middle of the burger before cooking it definitely helps it to maintain its shape. I like that he adds references in the back for places to buy

items and he gives a suggestion for making his blackberry sauce if you can't purchase the items he recommends.

After a recent holiday to the US I felt the need to pick-up a good old american burger book. On my travels I found many good & simple burgers that looked so simple yet delivered more on flavour than I could've guessed. I chose this book over the "Good Stuff Cookbook" because of the favourable reviews, and a common complaint with the other product being that the measurements were off. My girlfriend was treated to a "Perfect Burger" (as called in this book) the night this book came in. It came out great and neither of us were disappointed! The main thing to take away from this book is that the meat should remain plain and simple. If you want to enhance the burgers taste you play around with the condiments, an idea I had never tried before. For those who love burgers like you would get served up in a restaurant (Not gourmet and not greasy take-away) and enjoy cooking, this would be a good book for you. I am yet to try the fries and shake recipes, but the burgers alone have given this book a spot in the kitchen.

Love the easy to read sections and recipes.

Gift for my friend, loves it

Great recipes!

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