



COOKING

CHEDDAR STUFFED BURGERS

www.activitytv.com

DESCRIPTION

When it comes to grilling, Carrie and her crew are the masters! Watch as they make burgers that look plain on the outside but have a delicious melted gooey surprise on the inside. Once you've tried them...you'll never go back to regular burgers again!

BURGERS

- 4 pieces of cheddar cheese
- 1 tbsp olive oil
- 3 shallots, chopped
- 1 pound ground sirloin
- salt and pepper to taste

GREEN BEANS

- 1/2 pound of green beans
- 2 tsp Dijon Mustard
- 1 tsp sea salt
- 2 pinches ground white pepper
- 6 tbsp red wine vinegar
- 1 cup olive oil

TOOLS

- blender
- large bowl
- bowl of ice water
- sauté pan
- wooden spoon
- 4 quart sauce pan

DIRECTIONS

1. Slice 4 thin pieces of sharp cheddar cheese and set aside.
2. In a sauté pan, heat 1 T olive oil. Add 2-3 chopped shallots and sauté gently until just golden. (Don't let them brown!)
3. Remove from heat and add to 1 pound ground sirloin in a large bowl. Add salt and pepper to taste. Mix beef gently until shallots and spices are incorporated.
4. Don't overmix or burgers will be tough! Form 8 small flat patties. Place 1 patty on a work surface. Place a slice of cheddar cheese on top.
5. Top with another flat patty. Carefully seal the edges so that no cheese is visible. Sprinkle with salt and pepper to taste. Grill on a medium high heat for 5-7 minutes per side.

Did you know there's a free web video for this activity with step-by-step instructions?
See all the fun activities for kids at www.activitytv.com.



COOKING

CHEDDAR STUFFED BURGERS

www.activitytv.com

6. Green beans: Wash green beans and pinch off the ends. Boil a medium pot of water. Blanche green beans for 1-2 minutes. Carefully remove and plunge in a large bowl of ice water. Set aside and blot dry with clean kitchen towel.
7. In a blender, blend together 2 tsp Dijon mustard, 1 tsp fine sea salt, 2 pinches freshly ground white pepper, 6 T red wine vinegar. With blender running, slowly drizzle 1 cup olive oil and blend until smooth. Drizzle vinaigrette over green beans.

Did you know there's a free web video for this activity with step-by-step instructions?
See all the fun activities for kids at www.activitytv.com.