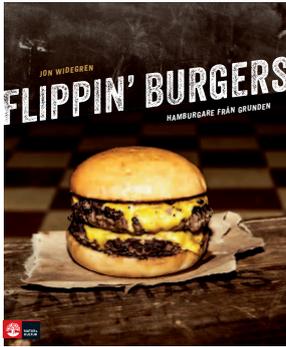


FLIPPIN' BURGERS



Contents:

Foreword
The hunt for the perfect hamburger
Hamburger – the basics
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Jon Widegren

170x240, 128pp

This book is a comprehensive guide to how to make a hamburger like it should be – simple, genuine and fantastic. There are about 40 recipes in all, with different bases and varieties, complete hamburger recipes several of which are inspired by diners in the USA, different types of hamburger bread, a number of accessories and pickles and a collection of recipes for shakes.

To make a really good hamburger involves lots of things. Most important of all is without doubt the meat. Various cuts of beef have a different character and fat content, which is decisive for the taste and juiciness of the mince. Juiciness depends on how the meat has been treated, how finely the meat has been minced, and how carefully the mincing has been carried out. Next comes the importance of the bread. It should have some resistance to cope with the meat juices, but it must also give a little bit when you get hold of it.

In the USA there is a hamburger culture beyond the fast-food chains and industrialised manufacturing processes. There is a tradition with skills for handling the ingredients and meat, and it is not unusual to mince the meat on the premises – and where nobody would even think of serving frozen meat. So Jon has made a journey entirely in the sign of the hamburger. In 38 days he tasted 64 hamburgers. He has talked to the owners and the employees, looked behind the counter and gone into the kitchens, asked about methods of preparation and what the minced meat consists of, who has baked the bread and whether the chip potatoes are deep fried once or twice, and at which temperature. He has quite simply made a thorough investigation of the American hamburger and its essence.

About the author:

Jon Widegren left his job as a consultant so that he could open a hamburger bar that serves really good hamburgers, just like they are meant to be eaten. To be able to do this, he has spent a long time reading everything he could find about hamburgers – from theoretical and historical descriptions of hamburgers as a part of the urbanisation of the USA to recipes from American cookery books. And, of course, he has travelled around the country in his hunt for the perfect hamburger.



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