



Croquez
l'Outaouais!

OUTAOUAIS

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BEEF HAMBURGER

100% LOCAL CHALLENGE

INGREDIENTS

Hamburger

- Ground beef, *Brown Farm*
- Salt & pepper, to taste
- 4 hamburger buns,
Boulangerie artisanale Grains de vie

Garnish

- Forest mushrooms, *Le Coprin*
- 4 slices of Tête à Papineau cheese,
Montebello Cheese shop
- 1 tomato, cut into thin slices,
Ferme Aux Pleines Saveurs
- Greens, *Ferme Aux Pleines Saveurs*
- BBQ Sauce, *Marcello Farms*
- Beer & honey mustard, *Miss Marmelades*

Sides

- Baked delicata squash fries, *Courges & Cie*
- Greens, *Ferme Aux Pleines Saveurs*
- Sprouts, *La Défriche*
- Apple and tarragon vinaigrette,
Miss Marmelades

PREPARATION

Delicata squash fries

1. Preheat your oven to 350 ° F.
2. Core and cut your squash into small slices of about 2 cm.
3. Place them on a baking sheet, well spaced, and coat with a little oil, salt and pepper. Place in the oven for 10 minutes, turn them over, then return them for another 10 minutes or until tender.

Hamburger

1. Cut your mushrooms for your garnish and brown them in a pan with a little oil or butter, season with salt and pepper and set aside.
2. Cut or grate your cheese, set aside.
3. In a bowl, mix your ground beef with salt and pepper and shape your meatballs.
4. Cook your meatballs in a pan or on the BBQ, 3 to 5 minutes per side, depending on thickness. Add your mushrooms and then your cheese, previously reserved, and finish cooking for an additional 2 minutes or until heated through.

Prepare your toppings and salad.

Toast the hamburger buns and enjoy in the sun in great company!



Aura photographie, Valerie PS

