



**Croquez**  
l'Outaouais!

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# BEEF HAMBURGER

## 100% LOCAL CHALLENGE

### INGREDIENTS

#### Hamburger

- Ground beef, *Brylee 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

