



Recipe of the Month

July 2017

Recipe Courtesy of the American Wagyu Association

Mini Wagyu Burgers with Blue Cheese Gougères

Ingredients FOR THE GOUG:

- 1 cup Water
- 3/5 oz. Unsalted Butter
- 1 Tbs. Kosher Salt
- 1 pinch Sugar
- 5 oz. Flour
- 5 Eggs - whole
- 1/2 cup Danish Blue Cheese - finely crumbled
- 1 pinch White Pepper

FOR THE BURGERS:

- 2 lbs. Ground Wagyu
- Kosher Salt - to taste
- Black Pepper - to taste
- 1 bottle Yeo's Sweet Chili Sauce



Instructions For the Gougères:

Preheat conventional oven to 450°F.

If using a convection oven, preheat to 375°F.

In a medium saucepan combine first four ingredients and bring to a boil. Add the flour all at once and stir constantly with a wooden spoon until the mixture comes together and forms a ball.

Remove from the heat and stir for another minute. With the spoon beat in the eggs one at a time, making sure that each egg is fully incorporated before adding the next. Stir in the blue cheese and white pepper.

Line a baking sheet with parchment paper and pipe out tablespoon mounds of batter, evenly spaced one inch apart. Wet your finger and smooth out any pointed tops.

If using a conventional oven: Bake gougères at 450°F for 8 minutes, then turn oven down to 350°F and bake for an additional 20-24 minutes or until golden brown. Be sure to rotate the pan at least once while cooking at 350°F.

For a convection oven: Bake gougères at 375°F for 20-22 minutes or until golden brown. You will not need to rotate the pan.

Once the gougères are done, set them aside to cool while you form the burgers.

Gougères will keep at room temperature for 3 days or you can keep them in the freezer for 6 weeks.

For the burgers:

Using a 1 1/2 oz ice cream scoop or a scale, form the beef into ball and then flatten the top and bottom to resemble a hamburger shape. Season both sides of the burger with salt and pepper.

In a large sauté pan or grill set over medium-high heat, sear the burgers on both sides for about two minutes per side.

Place in 400°F oven for about 3-4 minutes for medium-rare, 5 minutes for medium and 6-7 minutes for medium-well. Once the burgers are cooked to your liking, transfer to a paper towel lined sheet pan to drain. Glaze each burger with the sweet chili sauce.

To assemble:

Cut the gougères in half to make mini buns. Place one burger in between the gougère and skewer with a frill pick and serve.

This recipe will make 20-24 burgers, the gougère recipe will make many more than you need, but they make addictive snacks while waiting for the burgers.