



# HAMBURGERS

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# Ingredients Involved

1. **Ground Beef** (traditionally black angus all beef)
2.  $\frac{1}{2}$  a cup of **Chopped** *or* **Minced Onions**
3. 1 tsp of **Bay Leaves**
4. 1-2 **Eggs** to bind
5. Dash of **Pepper**
6. **Sourdough Buns**

## Condiments

1. 3 Sliced Tomatoes, Lettuce
2. Ketchup, Mustard, Mayonnaise
3. Sliced Pickles



Shreeves, R. (2018, March 06). Fast-food restaurant rolls out 'blended burger'. Retrieved from <https://www.mnn.com/food/healthy-eating/blogs/sonic-tests-blended-burger-mushrooms>

# The Taste

- ❖ Hamburgers fit the niche of sweet and savory
- ❖ Juicy with the bursts of suet beef fat, well satisfying the need to bite into something with substance and full of flavour
- ❖ The condiments add the sweetness that blends with the patty bring the element of savory
- ❖ Modern hamburgers beef is aged to increase the fatty flavour
- ❖ Buns often laced full of sugar



Chelus, M. (n.d.). First Bite: JuiCy Burger Bar. Retrieved from

<http://www.buffaloeats.org/2015/10/23/juicy-burger-bar/>

# Preparation



# Ingredient and Method of Preparation - Why This Way?

## Ingredients

- ❖ Historically a fatty ground beef was used
- ❖ Ground Beef (traditionally black angus all beef)
- ❖ 1 tsp of Bay Leaves
- ❖ 1-2 Eggs to bind
- ❖ Dash of Pepper
- ❖ Sourdough Buns
- ❖ Beef can be aged to achieve a more flavourful burger

## Method of Preparation

- ❖ Historically grilled with hickory wood or a metal grill in a fry cook kitchen, hot grill (500F)
- ❖ Pressed back side of patty with spatula, release juices
- ❖ Dressed with cheese, ketchup, mustard, relish, onions, and pickles
- ❖ All between fresh sourdough bun



# Historical Ingredients and Preparation vs. Now

## Origins

- ❖ Hamburg Sausage served between two slices of bread (Germany) - became the framework of traditional hamburger
- ❖ Rundstück warm (bread roll warm) popular in 1869 Germany, brought over by immigrants to America

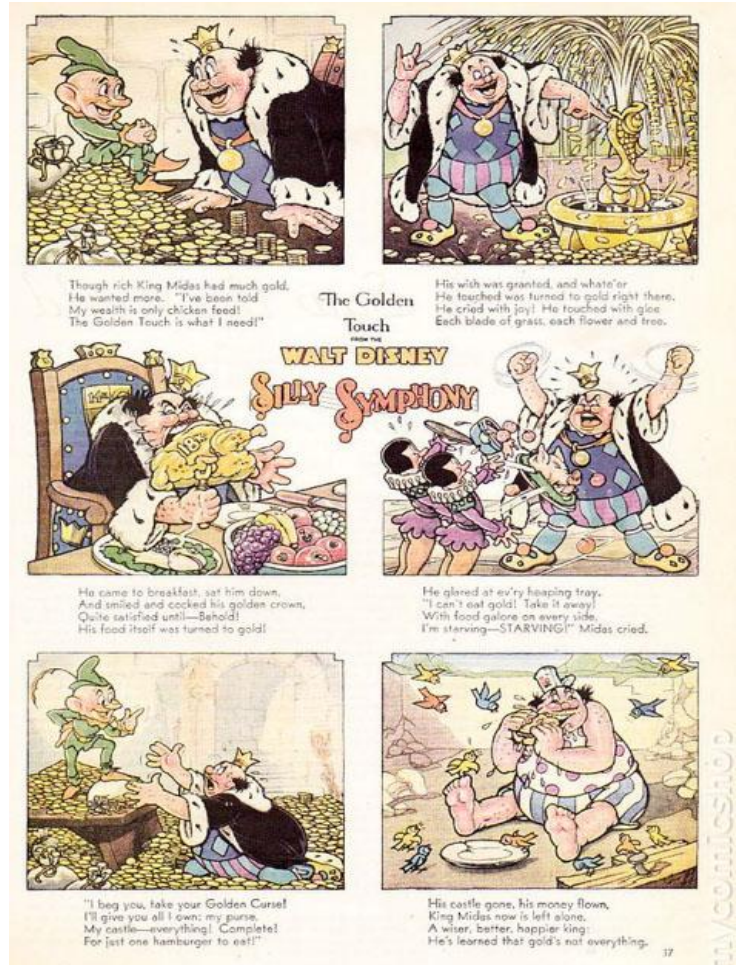
## Old School

- ❖ With the unofficial creation of the hamburger by White Castle in 1916 in Wichita, Kansas.
- ❖ Patty was thin and served on a light soft bun topped with just a of american cheese and two pickles
- ❖ Patty was punched with 5 holes so it cooked faster (avoided flipping)

## Modern

- ❖ Today's burgers range greatly from a huge variety of fast food locations to fine dining restaurants taking on the burger with their own spins

# A Brief History of the Hamburger



# Placement of Hamburgers in the World, and Who Really Ate Them

- ❖ Hamburger - name derived from Hamburg, Germany, home of the Hamburger Steak (pre-hamburger)
- ❖ “The only assertion to have first made a hamburger on a bun, out of all the clamour and claims, belongs to the Bilby family of Tulsa, Oklahoma” (Ozersky, 19).
- ❖ Traditionally placed on the West Coast of America 1904 onwards.
- ❖ William Anderson seen as the first to create a specific cooking technique\*\*
  - \*\*Was a White Castle fry cook in 1916 - technique observed and used by Billy Ingram
- ❖ Seen as a staple circus, carnival, county fair, or even a low-class eatery food (1926)
  - This is according to HOT HAMBURGER “Just off the griddle” vol 1. January 1, 1926 no.3
- ❖ Burgers in North America placed into two categories: fast food and fine dining



# Why Was the Hamburger Enjoyed in History?

## Biological

- ❖ The fat content of pork-back fat (including the added suet) provided people with more delicacy
- ❖ Beef was occasionally mixed with horse meat to create leaner burgers providing more protein
- ❖ “According to Ingram, and unnamed ‘food scientist’ even ‘signed a report that a normal healthy child could eat nothing but our [White Castle’s] hamburger and water, and fully develop all its physical and mental faculties” (Ozersky, 31)

## Cultural

- ❖ “[..] the case could be made that one of the things that defines us as Americans is our ability to recognize a hamburger as a bundle of meaning,[..].” (Ozersky, 19)
- ❖ 1930s + seen as a family food, popularized by White Castle advertising
- ❖ Hamburgers were eaten in a social setting (i.e. White Castle, McDonalds, A&W etc.)
- ❖ Hamburgers were called “Liberty Steaks” during patriotic dinners during the Great War

# Fast Food vs Organic Ingredients

Fast Food	Organic
<ul style="list-style-type: none"><li>● Beef patty (includes at times up to 50% water in addition to bone, cartilage, and connective tissue)</li><li>● Regular bun</li><li>● Pasteurized process American cheese</li><li>● Ketchup</li><li>● Mustard</li><li>● Pickle slices</li><li>● Onions</li><li>● Ammonia (kill bacteria, low cost ground beef filler)</li><li>● Additives (sodium phosphate and nitrates)</li></ul>	<ul style="list-style-type: none"><li>● 1 1/2 lb Organic Ground Beef</li><li>● 1 onion mince or shred</li><li>● 1 teaspoon Salt</li><li>● 1 teaspoon Ground Black Pepper</li><li>● 3 Tbs. Plain Bread Crumbs</li><li>● 1/4 teaspoon Baking Soda</li><li>● 2 Tbs Water</li><li>● 1 Tbs. Olive Oil</li></ul>

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