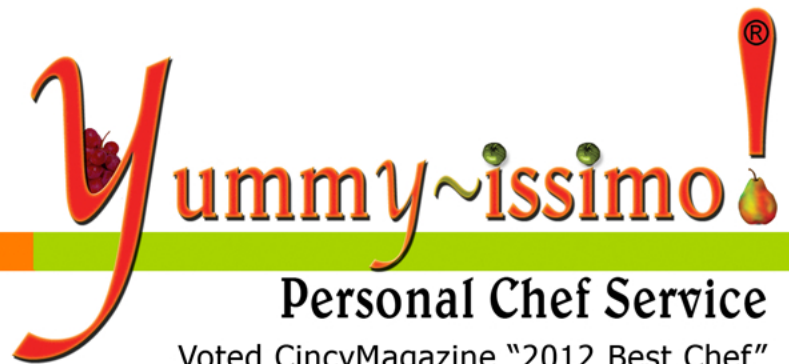


# Smoky Parmesan Burger



## Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

1 pound ground sirloin	2 drops Liquid Smoke®	1/4t crushed red pepper flakes
1 small onion, finely diced	1 egg	red onion slices, for garnish
2 garlic cloves, finely minced	2T to 1/4c breadcrumbs	mayonnaise, for garnish
2T soy sauce	1/4c Parmesan cheese, shredded	4 onion buns, toasted

Preheat oven to 400. Place ground sirloin in mixing bowl. Add onion, garlic, soy sauce, Liquid S Smoke®, egg, breadcrumbs, Parmesan cheese and red pepper flakes. Mix well. Form into 4 large patties. Place on plate, cover with plastic wrap and refrigerate 2 hours for flavors to blend.

Remove patties from refrigerator and allow to sit at room temperature 15 minutes. Preheat non~stick skillet sprayed with cooking spray. Sear patties on both sides. Place patties on baking sheet sprayed with non~stick cooking spray and roast 15 minutes for medium~rare and 20 minutes for medium. Allow to sit at least 5 minutes before serving to allow juices to rest.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



**Debbie Spangler ~ Certified Personal Chef**

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