

Acadian Jane's Cajun Burgers



These burgers might just change your life!
Gussying up the burger meat with some simple add-ins and then hand forming the mix into patties creates a sumptuous burger.
The trick? To prevent burgers from getting tough, don't over-mix the meat and filling ingredients
...and then gently hand-form the patties.



STEP 1: Preheat your BBQ. Then make the patties. You'll need: 2 lbs ground beef (ideally regular), 1 egg, 1 1/2 tbsp **Twisted Snowshoe Cajun Seasoning**, 1 clove garlic, peeled, 1 large onion chopped into 8-9 pieces, and 1 tsp salt. This recipe makes 8-9 burgers.

STEP 2: Place the ground beef in a medium bowl. Into a blender cup, add the egg, **Twisted Snowshoe**, garlic and onion. Process until smooth.



STEP 3: Add the mixture to the ground beef and add the salt.

STEP 4: Using your hands, gently combine the ingredients but don't overwork the beef or it will become tough during cooking.



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STEP 5: Form into 8-9 equal sized balls.



STEP 6: Lay the balls on a cutting board. Ensure that you have evenly sized balls before forming into patties.



STEP 7: Gently form each ball into a patty. The mixture will be soft. Don't worry, they will hold together.



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STEP 8: Lay the patties into a hot grill. If you are using charcoal, place them off the direct heat otherwise the fat that drips off the patties will cause flare-ups. Brush with your favourite BBQ sauce.



STEP 9: After about 5 minutes, turn the patties. Let cook for another 3 minutes. The time will vary depending on the heat of your grill. Don't overcook them or they will be dry. Remove the patties and them keep warm. Toast your burger buns, if desired. Serve immediately.

