



Sustainable Farm Tours
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2007 Locations

Learn Great Foods Kitchens

1549 Glendale Avenue
Bay View (Petoskey), Michigan 49770
*in the Terrace Inn, by the campus
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203 East Seminary
Mount Carroll, Illinois 61053
*in Hathaway Hall, on the campus
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Farm Kitchens and Alfresco Dining

Sweeter Song Farm
4955 South Schomberg Road
Cedar, Michigan 49621

CSA Learning Center
at Angelic Organics
1547 Rockton Road
Caledonia, Illinois 61011

Learn Great Foods

203 East Seminary
Box 182
Mount Carroll, Illinois 61053

RECIPE:

Argentine Style Burgers

A kicked-up burger loaded with sauteed onions, garlic and herbs, then topped with chimichurri sauce.

INGREDIENTS:

- 2 tablespoons olive oil
- 1/2 medium onion– finely chopped
- 6 cloves garlic– finely chopped (2 Tbs.)
- 1 tablespoon jalapeno– finely chopped
- Kosher salt and freshly ground black pepper
- 1 1/2 pounds ground beef/buffalo– 85% lean
- 1 1/2 teaspoons cumin
- 1 1/2 teaspoons oregano
- 1/4 cup cilantro (or equivalent)– finely chopped
- 4 6-inch pita bread or wheat buns
- red onion– thinly sliced
- lettuce leaves
- Chimichurri Sauce (*recipe next page!*)

EQUIPMENT:

Cutting board, chef's knife, saute pan, large bowl

INSTRUCTIONS:

Heat 1 Tbs. of the oil, add the onion, garlic, jalapeno and 1/4 tsp salt. Cook, stirring occasionally, until softened, about 3 minutes.

Transfer to a bowl, and let cook for 10 minutes, then add the ground beef/buffalo, cumin, oregano, cilantro, 1 tsp. salt, and several grinds of pepper. Mix, and shape into four burgers, 3/4" X 4". Make a 1/4" dent in the center of each burger. Sprinkle both sides with salt.

Gas Grill: Heat the grill to high. When the interior temperature is about 500° cook the burgers for 3 minutes with the lid closed. Turn, close the lid, and cook until the burgers feel springy but not mushy, another 3-4 minutes for medium rare.

Cut the top inch or so off the pitas to open up the pockets wide enough to fit the burgers. Serve with red onion, lettuce and chimichurri sauce.

*Personal Chef Donna Duvall, Food Fancies, Bellevue, Iowa
Cooking with Learn Great Foods*

For Reservations or More Information

Call toll-free (866) 240-1650
or visit our website
www.learngreatfoods.com



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RECIPE:

Chimichurri Sauce

A spicy Argentine condiment.

INGREDIENTS:

- 1 cup flat-leaf parsley -- packed, from 1 large bunch
- 1 cup mint leaves -- packed, from 1 large bunch
- 1/3 cup extra-virgin olive oil
- 1/4 cup lime juice -- from 1 1/2 limes
- 2 tablespoons garlic -- chopped, from 4-5 cloves
- 1 teaspoon jalapeno
- 1 teaspoon cumin
- 1 teaspoon kosher salt

EQUIPMENT:

food processor, bowl, cutting board, knife

INSTRUCTIONS:

Put the parsley, mint, olive oil, lime juice, garlic, jalapeno, cumin, and salt in a food processor.

Process, stopping to scrape the bowl as often as needed, until pureed into a thick sauce. Add more salt to taste, and refrigerate until ready to use.

Yield: 1 Cup.

*Personal Chef Donna Duvall, Food Fancies, Bellevue, Iowa
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