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Blue Cheese Burger Tacos

Makes 8 tacos

The simple combination of ground beef and blue cheese is amazing. This taco is upscale and delicious!

1 lb. extra-lean ground sirloin (500 g) 1 tsp seasoned salt (5 ml) Pinch freshly ground black pepper 8 flour tortillas (6-8" inch), skillet-warmed 1/2 cup crumbled blue cheese (125 ml) Red Onion Salsa (below) 2 cups shredded lettuce (500 ml)

- 1. In a large skillet over medium heat, sauté meat, breaking up meat with a spoon, until meat is browned and no longer pink, about 12 minutes. Season with salt and pepper to taste. Drain off excess fat.
- 2. To build tacos, divide meat equally among tortillas. Top with blue cheese, Red Onion Salsa and lettuce. Fold tortillas in half.

<u>Variation</u>: Replace Red Onion Salsa with caramelized onions, which add a rich flavor to this taco. To make them, slice a large onion crosswise and separate into rings. Season with salt, and a pinch of sugar. In a large skillet, heat 1 tbsp (15 ml) olive oil over medium-high heat. Add onions and sauté until onions are transparent and caramelized, 12 to 15 minutes.

Red Onion Salsa

Makes 1-1/2 cups (375 ml)

This is my version of the traditional Mexican onion condiment: thin slices of onions marinated in fresh lemon juice. One bite will take you across the border.

1 red onion, minced 1 onion, minced Juice of 1 lemon Juice of 1 lime 2 tsp olive oil (10 ml) 1 tbsp minced flat-leaf parsley (15 ml)

1. In a large bowl, combine red onion, onion, lemon juice, lime juice, oil and parsley. Transfer to an airtight container and refrigerate, stirring occasionally, for 1 hour or for up to 24 hours.

<u>Tip</u>: I like flat-leaf Italian parsley over curly parsley because of the added flavor but also because it adds great color and texture.