



Bobby Flay's Burgers, Fries, and Shakes

Bobby Flay, Stephanie Banyas, Sally Jackson

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After a long day spent in one of his restaurants or taping a television show, what Bobby Flay craves more than anything else is ... a crusty-on-the-outside, juicy-on-the-inside burger; a fistful of golden, crisp, salty fries; and a thick, icy milkshake. Given the grilling guru's affinity for bold flavors and signature twists on American favorites, it's no surprise that he has crafted the tastiest recipes ever for this ultimate food trio.

Though he doesn't believe in messing with delicious certified Angus chuck (just salt and pepper on the patty—no “meatloaf” burgers here), Bobby loves adding flavorful relishes and condiments to elevate the classic burger. Once you've learned what goes into making that burger (from how to shape it so it cooks up perfectly to melting the cheese just so), go to town with Bobby's favorite combinations of additions. Try the Cheyenne Burger, which gets slathered with homemade barbecue sauce and then piled high with bacon and shoestring onion rings, or the Santa Fe Burger, topped with a blistered poblano, queso sauce, and crumbled blue corn tortilla chips. And although Bobby's personal preference is for beef, turkey can be substituted in any burger, and a handful of salmon and tuna burger recipes are included for those looking for leaner options.

After you've mastered the burger, discover Bobby's secrets to cooking up the best French fries—whether they're fried, grilled, or oven roasted, or made from spuds, sweet potatoes, or even plantains—as well as homemade potato chips and onions rings. Wash it all down with a creamy shake, from Fresh Mint—Chocolate Speckled Milkshake to Blackberry Cheesecake Milkshake (or a spiked adult variation).

With the opening of Bobby's Burger Palace in Lake Grove, New York, on Long Island—and with more locations to come—Bobby has achieved burger, fry, and shake bliss in the world. For outdoor summer bashes and casual weeknight meals that even the kids will get excited about, *Bobby Flay's Burgers, Fries & Shakes* will share that bliss and remind you just why the burger is such a beloved American original.

From the Hardcover edition.

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