

Rice Krispies Burgers

By Andrew Lewis

➔ The beef burger is one of the mainstays of the barbecue season, and these rice crispy burgers are a flexible addition to any party menu. Rice Krispies work well in this recipe, because they offer a delicate flavor, light texture, and are a safe alternative to bread-crumbs for most celiacs.

You can make these burgers throughout the barbecue season, starting out during the warm summer evenings with the basic recipe, and then switching to the spicier alternative mix with chili, mace, and dried basil when autumn arrives.

Ingredients

- 1 lb of minced beef
- 1 large cup of Rice Krispies
- ½ onion
- ½ tsp of grated nutmeg
- 1 tsp of garlic powder
- 3 tsp of dried parsley
- 1 vegetable stock cube
- 1 medium hot chili optional
- ½ tsp of mace optional
- 1 tsp of dried basil optional

Directions

Step 1: Chop the onion finely (and the chili, too, if you are using it), and then add all of the ingredients into a mixing bowl. Crumble the stock cube so that it is evenly distributed throughout the mixture.

Step 2: Knead the ingredients together thoroughly, squeezing the mixture with your hands until it binds together into a single cake. Let the mixture rest, so that the flavors of the herbs and spices blend with the meat.

Step 3: Take a ball of the burger mixture and form it into a patty about 2 inches in diameter and ¾ of an inch high. Thicker patties make for better finger food, and hold together better on a barbecue grill.



Step 4: Grill the patty for about five minutes on each side. The outside of the burger should be a dark caramel brown, and the inside should still be moist but not pink. Serve the burger on a plate with a little green salad, adding salt and pepper at the last possible moment.