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BARKY BURGERS

AS FEATURED ON



“Ever since I started my culinary career, I’ve realized what a joy it is to be a part of people’s celebrations. It means a lot to me that I can bring everyone together over a meal. For Bobby Flay’s Barbecue show on FoodTV, I was challenged to make something that both people and their dogs could enjoy. This recipe for Barky Burgers was the result of research, experimentation and serious taste-testing! I always strive to bring that same energy and creativity to my Personal Chef and In-Home Catering business.” — *Chef JoAnna*

Barky Burgers

Humans enjoy these with a little soy sauce or some ketchup, but doggies should eat them plain.

- 1 lb ground chicken, turkey or beef, or a combination of any of these
- $\frac{1}{2}$ cup breadcrumbs (plain, unseasoned)
- $1\frac{1}{2}$ cups cooked rice (white or brown rice) cooled
- 1 carrot, grated
- $\frac{1}{2}$ cup peas (or finely chopped green beans, grated zucchini, minced mushrooms, etc.)
- 3 large eggs, plus one extra if needed

1. Chop or grate veggies until the bits are about the same size as the rice.
2. Put ground meat in a bowl with the breadcrumbs and mix thoroughly.
3. Mix in the chopped veggies and the eggs and mix until combined.
4. Test the consistency: Form a few balls, and then press balls flat with the palm of your hand. If burgers aren’t holding together well, add another egg and mix again.

If you used FRESH ground meat you can freeze some Barky Burgers to be cooked later: Form patties and place them in a single layer on a sheet pan lined with waxed paper. Freeze until very firm. Package in an air-tight plastic bag. Thaw overnight in the refrigerator before cooking.*

5. Preheat grill. Cook the Barky Burgers until the meat is fully cooked. In a pinch, Barky Burgers can also be made in a skillet... but for best results, grill over an open flame!

YEILD: To make little Barky Burgers, portion them out with a coffee scoop ($\frac{1}{8}$ cup measuring cup) and you’ll get about 28 doggie snacks. To make bigger Barky Burgers, use a $\frac{1}{4}$ cup measuring cup to portion them out, for 14 servings. Please, try to save some for the dog.

**NEVER re-freeze raw meat. Visit <http://www.fightbac.org> for more information about food safety.*

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