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Build a Better (Blended) Burger this National Burger Month

The secret to a healthier, tastier burger: blend finely chopped mushrooms into the patty

Redwood Shores, CA (April 16, 2016) – This National Burger Month (May), the classic hamburger is being hacked by cooks seeking more flavor, nutrition and sustainability. Blended burgers – made by blending finely chopped mushrooms with meat – are rising in popularity as people discover the meaty flavor of umami-rich mushrooms.

Americans consume a startling [50 billion burgers](#) each year (that's nearly three burgers per week for every person). But with an extra five minutes of prep, it's possible to create a new twist on an iconic favorite for a burger that not only is more flavorful, but is lower in sodium and fat. Follow these tips to BYOB (build your own blend) this National Burger Month:

1. Pick your favorite mushroom (or mix of mushrooms) and protein. Common varieties such as cremini and white button mushrooms work well.
2. Determine your ideal ratio of mushrooms to meat (20-50 percent mushrooms is a great ratio for most burger recipes). Consider lowering the mushroom ratio for lower fat proteins, and increasing it for higher fat proteins, so the mushroom-meat patty binds together.
3. Roast or sauté the mushrooms to deepen their flavor and reduce excess moisture. Let cool for 5-10 minutes.
4. Finely chop the mushrooms to match the consistency of ground meat. Alternatively, gently pulse the mushrooms in a food processor (about 3-4 quick pulses).
5. Season and blend the ground meat and mushrooms, then form into patties and cook.

Blended burgers hit menus nationwide

The blended burger trend is also being embraced by professional chefs in every major U.S. city. In early 2016, *Restaurant Business Magazine* proclaimed "blended burgers will be the slider of 2016," citing the growing list of chain restaurants and university foodservice programs with blended burgers on the menu.

This summer (May 30 to July 31), hundreds of restaurants will menu their own take on a blended burger as part of the second annual James Beard Foundation's [Blended Burger Project](#), a national chef challenge to improve the flavor, nutrition and sustainability of the iconic burger.

For blended burger recipes and cooking tips, visit mushroominfo.com.

About The Mushroom Council

The Mushroom Council is composed of fresh market producers or importers who average more than 500,000 pounds of mushrooms produced or imported annually. The mushroom program is authorized by the Mushroom Promotion, Research and Consumer Information Act of 1990 and is administered by the Mushroom Council under the supervision of the Agricultural Marketing Service. Research and promotion programs help to expand, maintain and develop markets for individual agricultural commodities in the United States and abroad. These industry self-help programs are requested and funded by the industry groups that they serve. For more information, visit mushroomcouncil.org.

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