

SuperChefs Against Superbugs

Antibiotics are widely overused in food animal production just to compensate for overcrowded and unsanitary conditions, a practice that breeds drug-resistant superbugs that can infect us. You can encourage industrial farms to stop these practices by cooking with meat and poultry raised without antibiotics.



Pesto Bison Burger

[MAKES ONE BURGER]

- 1 tablespoon cooking oil
- 1 sliced hamburger bun
- 2 tablespoons basil pesto
- 7 ounces ground bison (raised without antibiotics)
- Dash of Montreal steak seasoning
- ¼ cup goat cheese, crumbled
- ½ roasted red pepper
- ¼ cup arugula
- 1 slice beefsteak tomato

Heat the frying pan over high heat and season with just enough cooking oil to make the pan shiny.

Toast the bun, cut sides down, in hot oil in the frying pan. Remove from the pan when browned. Add basil pesto to both sides of the bun.

Form the ground bison into a patty, making a half-dollar-size, ¼-inch-deep indentation in the middle. Place the burger in the pan, indented side up, and sprinkle with Montreal seasoning. Flip the burger after about four minutes. After another three minutes or so, approximately one minute before the burger reaches medium doneness (140 degrees), top with goat cheese, cover the pan, and warm the cheese lightly. Remove the burger from the pan when it reaches 140 degrees.

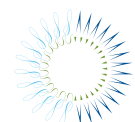
Heat the roasted red pepper in the pan until warm. Place the roasted red pepper on the bottom half of the bun, followed by the burger, arugula, and the tomato slice. Close with the bun's top half.



Ype Von Hengst is co-founder, executive chef, and vice president of culinary operations at the Silver Diner, a restaurant chain with 17 locations in the mid-Atlantic region. He is dedicated to healthy living and serving fresh and sustainable fare from local farms whenever possible.

SaveAntibiotics.org

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