

Hemingway's Favorite Hamburger

*Tastes really nice going down with this month's
"Moon Eyes" Cabernet Sauvignon from Lapis Luna*

Wild West

Variations on the theme of Ground Beef ---3

FROM EXPERIMENTING, *Grated Apple
cheddar cheese
mixed in
carrots.*

PAPA'S FAVORITE HAMBURGER. There is no reason why a fried hamburger has to turn out gray, greasy, paper-thin and tasteless. You can add all sorts of goodies and flavors to the ground beef - minced mushrooms, cocktail sauce, minced garlic and onion, ~~chopped~~ *chopped* almonds, a big dollop of Picadilli, or whatever your eye lights on. Papa prefers this combination.

Ingredients -- 1 lb. ground lean beef
2 cloves, minced garlic
2 little green onions, finely chopped *parley*
1 heaping teaspoon, India relish
2 tablespoons, capers
1 heaping teaspoon, ~~ground sage~~ *Spice Islands Ground Sage*
Spice Islands Beau Monde Seasoning - $\frac{1}{2}$ teaspoon
Spice Islands Mei Yen Powder - $\frac{1}{2}$ teaspoon, *salt & pepper*
1 egg, beaten in a cup with a fork
About one-third cup dry red or white wine.
1 tablespoon cooking oil.

What to do -- Break up the meat with a fork and scatter the garlic, onion and dry seasonings over it, then mix them into the meat with a fork or your fingers. Let the bowl of meat sit out of the icebox for ten or fifteen minutes while you set the table and make the salad. Add the relish, capers, everything else including wine and let the meat sit, quietly marinating, for another ten minutes if possible. Now make four fat, juicy patties with your hands. The patties should be an inch thick, and soft in texture but not runny. Have the oil in your frying-pan hot but not smoking when you drop in the patties and then turn the heat down and fry the burgers about four minutes. Take the pan off the burner and turn the heat high again. Flip the burgers over, put the pan back on the hot fire, then after one minute, turn the heat down again and cook another three minutes. Both sides of the burgers should be crispy brown and the middle pink and juicy.

xxxxxxx

*Put in
Standard Ham
Soy Sauce
Onion, Garlic,
Tomato*

MUSEUM ERNEST HEMINGWAY, CUBA

"We ate well and cheaply and drank well and cheaply and slept well and warm together and loved each other" wrote Ernest Hemingway in A Moveable Feast. Could it have been a wholesome burger that made them sleep so well, asks Tanvi Misra?

According to Sandra Spanier, general editor of the Hemingway Letters Project, Papa's favourite hamburger recipe - made available in digital form by the John F Kennedy Presidential Library on Tuesday - reveals quite a bit about the author and his fourth wife, Mary.

It's no surprise that he liked his burger "pink and juicy in the middle" but what about the soy sauce, and the half-teaspoon of Spice Islands Mei Yen Powder? "One of Hemingway's favourite restaurants was in Havana's Chinatown," says Spanier. He loved Chinese food.

Also notable is the sheer range of items thrown into the mix - India relish, capers, wine, parsley... This captures a "gusto that's very characteristic" of Hemingway, Spanier says. "It's indicative of his enjoyment of the pleasures of life," and also the range of his tastes, from low-brow to high-brow. He was as comfortable on a boat with Cuban fisherman, Spanier says, as he was dining at the Ritz Hotel in Paris. As burgers go, this is quite ritzy.

Hemingway's passion for food and drink is often reflected in his writing. Whole paragraphs describe the frothy bubbling of pancake batter in a skillet, and the sip from a tin of apricots in one of his earliest short stories, Big Two-Hearted River, Spanier notes. A Moveable feast, published after his death, contains a loving description of eating oysters with cold white wine. Mary wrote that they ate the hamburgers to fortify them for "tramping through the sagebrush after pheasant, partridge or ducks" in Idaho or Wyoming, which they visited every autumn. She typed the recipe out for the Woman's Day Encyclopedia of Cookery while Hemingway was still alive, Spanier says. The version above, with the added "Wild West" tag, was for a later edition. After Hemingway's death in 1961, as relations between the US and Cuba deteriorated, Mary needed help getting back into Cuba to reclaim documents and memorabilia. President Kennedy and Fidel Castro intervened to make it possible - which explains the JFK library's interest in Hemingway's papers. This recipe was among those left behind.

[An article from **BBC** Magazine Monitor 2014](#)



Magpie hunting with friends, in Idaho, 1959- From the [Hemingway Museum in Cuba](#)