

Hamburger Burrito

From Nelson's Kitchen
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Most elements of Daniel's diet can be easily described as a variation of beef with starch and some sweet sauce. This is another creation based on his preferences. It is surprisingly good actually, given its simplicity. And it is a very quick snack to prepare. The small-step details are important.

Ingredients:

- 300 grams of ground beef
- Two large flour tortilhas
- cooking oil
- salt
- black pepper
- Bull's Eye BBQ sauce

Procedure:

1. Cook the ground beef on the first side

- Separate the ground beef into two 150-gram portions
- Handling the ground beef lightly, shape each portion into a log and flatten the log a bit to increase the cooking surface.
- Heat up a non-stick pan and put a film of oil on it.
- Once the oil is shimmering, place the two flattened logs of ground beef to cook.
- Sprinkle the top with salt (do not use pepper on this side so that the pepper does not burn and becomes bitter) and let cook until the bottom side is browned and the meat is cooked more than half-way through.

2. Brown the flour tortilha

- Put a very small amount of cooking oil in a non-stick pan that can fit a large flour tortilha.
- Use the tortilha to spread the oil in the pan so that the tortilha is oiled on only one side.
- Put the pan with the tortilha on a moderately low flame and over the pan.
- You need to watch carefully, you want the underside of the tortilha to develop a few golden brown spots and the upper side to steam a bit and become soften. It is important to time the browning of the tortilha so that it is ready about the same time that the meat is cooked.

3. Cook the ground beef on the second side

- Using a spatula, turn the flatten ground beef log to brown the other side.
- Sprinkle the cooked side with salt and season generously with freshly ground black pepper.
- Cook on the second side until it is cooked through. You can leave the inside moist, or you can cook all the way through.

4. Assemble the first hamburger burrito

- Once the underside of the tortilha has brown spots and the upper side has softned, “paint” the center of the tortilha with the BBQ sauce using the back of a spoon.
- Place one of the flatenned logs on the center of the tortilha.
- Fold the bottom of the tortilha up, and then roll the sides to form the burrito, leave the top open.
- Serve immediately. It might be best to serve on a small rack on top of a dinner plate so that the bottom side does not get soften with the steam if it will seat at all. Ideally, it should be eaten immediately.

5. Assemble the second hamburger burrito

- Repeat the browning of the tortilha. Watch more closely this time because with the pan starting hot, the second tortilha will cook faster.
- Repeat the assembling process for the second hamburger burrito.