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**"THEORETICAL FOUNDATIONS OF SCIENTISTS AND
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**THEORETICAL FOUNDATIONS OF
SCIENTISTS AND MODERN OPINIONS
REGARDING THE IMPLEMENTATION OF
MODERN TRENDS**

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THE HAMBURGER AS A SYMBOL OF AMERICAN CUISINE

Luhovets Olena

Student of the Faculty of Technology and Design
Ukrainian State Mykhailo Dragomanov University (Kyiv, Ukraine)

Pet'ko Lyudmila

PhD, Associate Professor

A Trip to Burger King was the biggest thing in the world to me. Heaven

Dave Grohl

an American musician, songwriter and record producer

Our student group project has been devoted to study the National symbols of the USA and states for some years, e.g., the National Tree of United States of America (Oak Tree), Massachusetts State Berry (Cranberry) [8], Massachusetts State Tree (the American Elm) [21], The official State Tree of Georgia (the Live Oak) [22], Cherokee Rose as a Symbol of Native Americans [26], America's National Flower (rose) [32], the Wild Prairie Rose (official State Flower of North Dakota and Iowa) [33], the State Dog of Massachusetts (Boston Terrier) [43], Floral Emblem of Massachusetts (Mayflower) [44], the Brown Thrasher (Official State Bird of Georgia) [45].

Our paper presents one of the national dishes of the USA – Hamburger. Let us remember some quotation about it, e.g.:

- *We live in a planet where burgers exist. Thank goodness!*
- *Indeed, we are so fortunate to have these tasty creations in our midst. The least we can do is share their picture-perfect goodness wherever we can.*
- *Don't be sad. We live in a reality where burgers exist [1] ...*

1989 is a centennial of sorts: 1889 was the year that the word "hamburger" made its American media debut, according to the Oxford English Dictionary. (On Jan. 5, 1889, the Walla Walla Union in Washington included "hamburger steak" in a list of then-current menu items.) This first of a new series on classic American foods pays



Fig. 1. Hamburger.



Fig. 2. Burger McDonald's'.



Fig. 3. Burger Wendy's.

tribute to the first hundred years of a great culinary creation with a look at the burger's hotly disputed history, its claims to fame and its future [11].

A national dish is the cultural identity of a country and defines the culinary culture of that place. The national dish of a country is traditionally made with locally available ingredients and is something without which we cannot imagine it [9].

The United States does not have a legally recognized national dish, but the de facto national dishes are hamburgers and apple pie.

Hamburger is considered by many people as the national dish of the US because of its popularity across all age groups (Fig. 1). However, the question has always been whose hamburger is the national dish? Burger King's (Fig. 5) [4], McDonald's' (Fig. 2), Burger King's (Fig. 5) (see the video [38]) or Wendy's [46; 54] (Fig. 3)? Burgers may have originated from Germany (Hamburg) or from the Danish immigrants in America. Regardless of the origin, Americans are hamburger-obsessed. They consume approximately 50 million burgers per year. The consumption is so high that some sources have estimated the amount of hamburger when put alongside each other would measure 800,000 miles, long enough to go round the earth 32 times. There are over 50,000 hamburger joints in the US with over 75% of all the country's restaurants being burger joints. About 60% of all sandwiches sold in the US is hamburger. McDonald's alone buys over one billion pounds of hamburger meat every year [47] (Fig. 4).

After all, that largest restaurant chain that was mentioned earlier was, of course, McDonald's. For better or the worst, there are many around the world who think of the fast food giant when they think of American cuisine. However, despite all that, not only



Fig. 4. The first McDonald's restaurant opened by Ray Kroc, in Des Plaines, Illinois; 1955.



Fig. 5. Burger King was started in 1954 by James W. McLamore and David Edgerton in Miami.

is the dish (*Hamburger*) not 100% American in origin, (As it originally hails from Hamburg, Germany) but a National Dish is not based on what other countries think about your cuisine, it's about how you define your own food [19].

The origin of hamburger is unknown, but the hamburger patty and sandwich were probably brought by 19th-century German immigrants to the United States, where in a matter of decades the hamburger came to be considered an archetypal America food. The importance of the hamburger in American popular culture is indicated by its virtual ubiquity at backyard barbecues and on fast-food restaurant menus and by the proliferation of so-called hamburger stands and restaurants [13].

Flowing Data (2014) has made an impressive series of maps documenting Americans' taste in burgers. The big one, documenting the closest of seven major burger chains for various points across the USA (Fig. 6). Because there are so many burger chains in America, it's useful to look at the maps of burger chains individually to sort out regional preferences [23]

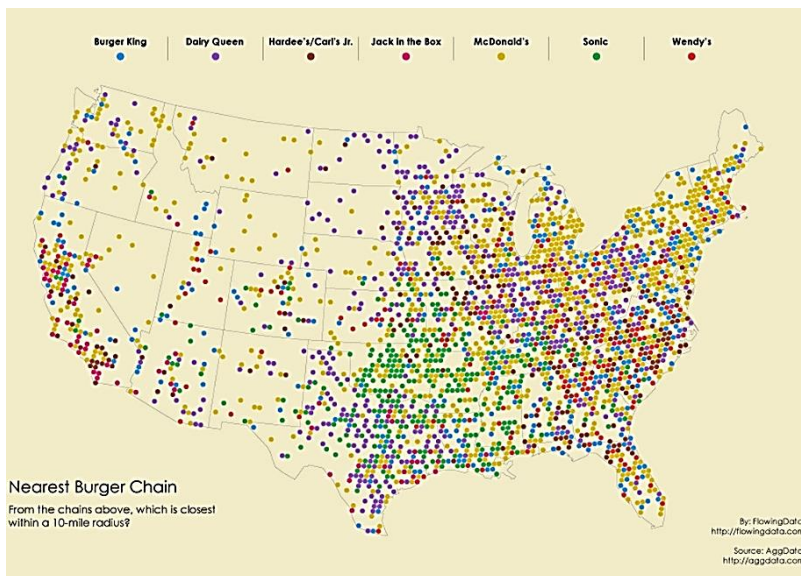


Fig. 6. Americans' taste in burgers (2014, USA).



Fig. 7. California, USA.



Fig. 8. In-N-Outs burger.



What's fun about this map is how many regional burger places there are. **Look at the California In-N-Outs** (Fig. 7, 8, 9).

Fig. 9. In-N-Outs in Los Angeles (2021).

Look at how the Midwest (Fig. 10, 11) loves those gross *White Castle burgers* [23] (Fig. 10).



Fig. 11. The Midwest of the USA.



Fig. 10. *White Castle burgers* in Minneapolis, 1936.

Fig. 12. *White Castle hamburgers*

White Castle sliders are well known in the Chicago area. Below we given recipe of this burger (see the video [16]).

Ingredients:

- 1 lb Regular Ground Beef NOT lean
- Salt and Pepper
- 2 Yellow Onions peeled and chopped
- 1/3 cup Dehydrated Onions
- 1/4 cup Water
- 12 Slider Buns
- 12 Slices American Cheese optional
- Dill pickle slices optional
- Ketchup and Mustard optional [34].

Directions:

1. Place ground beef in a food processor, blitz a few times to break it down a bit.

2. Dump ground beef onto a baking sheet lined with parchment paper. Cover with another piece of parchment paper, and roll it thinly and evenly - about 3/8" thick.

3. Use a square cookie cutter to cut as many patties out as you can. My cutter is 2 3/4", a 3" cutter may have been a little better – the burgers shrink as they cook.

4. Press the trimmed pieces together, roll out between sheets of parchment paper, and continue till you have 12 patties (Fig. 13).

5. Using the end of a chopstick or similar tool, create 5 holes in each patty – one in the center, one towards each corner (Fig. 16). We basically stuck a chopstick in, and made a small circular motion to open and round it out.

6. Once all patties are formed and full of holes, freeze until firm – at least one hour.



Fig. 13. Press the trimmed pieces together.



Fig. 14. The burger patties in a single layer over the onions.

7. Once frozen, you can stack them – I like to separate them with pieces of parchment, to prevent sticking – place them in an airtight freezer bag, and freeze until you're ready to use them [34].



Fig. 15. Top each burger with half a bun. Fig. 16. Top each with a bun top. Fig. 17. Serve immediately.

Cook the Burgers:

1. Run the chopped onions through a food processor to finely chop them. You want small pieces, but not a puree.

2. Place half the chopped onions on a large skillet or in a large nonstick baking pan, along with the dehydrated onions and water. Stir well to combine.

3. Cook the onions over medium high heat for 5 minutes or so, then add the remaining chopped onions. Lower the heat and cook for another 2 minutes or so.

4. Spread the onions out in an even layer, covering the bottom of the pan. Arrange the burger patties in a single layer over the onions (Fig. 14).

5. Note: If you can't / don't want to do all 12 at once, use half the onions / water and do it in 2 batches of 6.

6. Cover pan with a lid, let the burgers steam for a few minutes, until the tops appear cooked. If at any point the water dries up, add a little more to keep the steam going.

7. Top each burger with half a bun. We used the tops, based on what it looked like one restaurant was doing in a video, but it seems like bottoms may have been the standard (Fig. 15).

8. If you have room in the pan, balance the remaining buns over top of the first buns you placed, or set balancing over the onions using the edges of the pan and original bun halves as bases. Don't place the buns directly in the onions, or they'll end up soggy [34; 2] (Fig. 16, 17, 18), see the videos [15; 18].



Fig. 18. White Castle burgers.

Well. Look at all of those Texas *Whataburgers* (the best burger in all the land (Fig. 20) [23] (Fig. 19, 21, 22).



Fig. 20. Texas, USA.

Fig. 19. Whataburger restaurant in Corpus Christi (Texas USA, 2008).



Fig. 20. Whataburger.



Fig. 21. List of Whataburgers.

Next map (Fig. 22) shows the great divide between **Sonic** (1953) and **Dairy Queen** (1940) [5]. There's no need to pick a favorite here because both Dairy Queen and Sonic are delicious (see the video [17]), Fig. 23, 24.

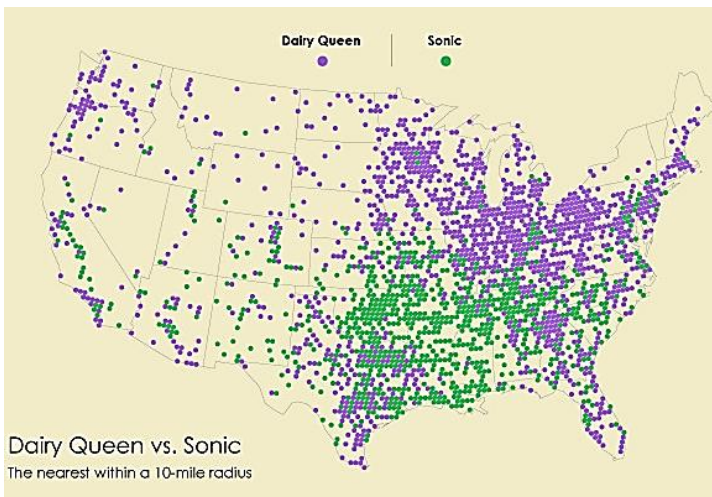


Fig. 23. Sonic Restaurant.

Fig. 22. This map shows how many Sonics and how many Dairy Queens our great nation has in 2014.



Fig. 25. Sonic Cheesburger.



Fig. 24. Dairy Queen Restaurant.

Sonic Cheesburger includes American cheese, mayonnaise, mustard, ketchup, pickles and red onions (Fig. 25). It's made with 100% beef and contains about 340 calories. It also 15 grams of protein and 34 gram of carbohydrates [5], the video [39].

Dairy Queen's hamburger. One 100% beef patty, pickles, ketchup and mustard served on a warm toasted bun [14] (Fig. 26).



Fig. 26. Dairy Queen's hamburger



Fig. 27. The Two Cheese Deluxe Signature Stackburger™, 620 kcal.

Fig. 28. Backyard Bacon Ranch Signature Stackburger™, 620 kcal.

For the first time in 20 years, **Dairy Queen** has made an expansion to its hot food menu by releasing a new line of so-called Stackburgers (Fig. 27). Research and development takes a few years to happen, and the Stackburger line began development back in 2019 as **Dairy Queen** formulated a new bun that could stand up to the weight of up to three burger patties. Next, the company decided to change up its cheese options, switching to a sharper American cheese than its predecessor, along with a white cheddar option [20], see the **video** [7].

Backyard Bacon Ranch *Signature Stackburger*™ (Fig. 28): 1/3 lb*. double featuring 100% seasoned real beef patties, topped with House-Made Hidden Valley Ranch dressing, Honey BBQ sauce, crispy golden onion rings, applewood smoked bacon, two slices of perfectly melted White Cheddar** served on a soft and toasted bun. **820 Calories!** [3], see the **video** [6].

Also, Hamburger (Fig. 26) is a dish, which is often considered a burger. However, it's a sandwich that's made using bun or sliced bread rolls. It is stuffed with cooked ground beef patties, veggies and sauce and is grilled to perfection [9].

A hamburger (or burger for short) is a food consisting of fillings – usually a patty of ground meat, typically beef – placed inside a sliced bun or bread roll. Hamburgers are often served with cheese, lettuce, tomato, onion, pickles, bacon, or chilis; condiments such as ketchup, mustard, mayonnaise, relish, or a "special sauce", often a variation of Thousand Island dressing; and are frequently placed on sesame seed buns. A hamburger topped with cheese is called a cheeseburger (see the video [41]). The term burger can also be applied to the meat patty on its own, especially in the United Kingdom, where the term patty is rarely used, or the term can even refer simply to ground beef. Since the term hamburger usually implies beef, for clarity burger may be prefixed with the type of meat or meat substitute used, as in beef burger, turkey burger, bison burger, portobello burger, or veggie burger (Fig. 31). In Australia and New Zealand, a piece of chicken breast on a bun is known as a chicken burger, which would generally not be considered to be a burger in the United States; where it would generally be called a chicken sandwich, but in Australian English and New Zealand English a sandwich requires sliced bread (not a bun), so it would not be considered a sandwich. Hamburgers are typically sold at fast-food restaurants, diners, and specialty and high-end restaurants. There are many international and regional variations of hamburgers. The term hamburger originally derives from Hamburg, the second-largest city in Germany; however, there is no certain connection between the food and the city [12].

By back-formation, the term "burger" eventually became a self-standing word that is associated with many different types of sandwiches, similar to a (ground meat) hamburger (Fig. 1, 26), but made of different meats such as buffalo in the buffalo burger (Fig. 29), venison, kangaroo, chicken, turkey, elk, lamb or fish like salmon in the salmon burger (Fig. 30), but even with meatless sandwiches as is the case of the veggie burger [12] (Fig. 31) (the video [38]).



Fig. 29. The Buffalo burger. Fig. 30. The Salmon burger. Fig. 31. The Veggie burger.

Some words about the first-place winner of the US Burger Awards for the third time (Fig. 32) and from this video we can see why (see the video [37]). A true king of burgers and this video depicts the glorious assemblage from inception to creation [42].

But many restaurants claim to be the birthplace of the hamburger. Louis' Lunch, in New Haven, Connecticut, is a leading contender. Since 1900, the Lassen family has been grinding its beef daily, hand-shaping the patties to order and grilling the burgers in antique cast-iron broilers over an open flame. The ground beef formula uses five different parts of the chuck; a combination of chuck and sirloin makes a similarly meaty, juicy burger. The Louis' Lunch classic is topped with just onion and tomato, though the Lassens do offer a Cheddar cheese sauce (Fig. 33). The version of that sauce here is spiked with beer [35].



Fig. 32. The first-place winner of the US Burger Awards, 2021.



Fig. 33. Classic Beef Burger.

Below we give a recipe of **Classic Beef Burger** by Steven Raichlen (he is an award-winning culinary writer, lecturer, and TV host. Considered the foremost authority on modern barbecue, he has published 32 books, including international bestseller *The Barbecue! Bible* [36], and hosted a handful of television shows) (Fig. 37):

Ingredients

- 1/2 pound Colby cheese or mild yellow Cheddar, shredded (about 2 cups)
- 2 teaspoons cornstarch
- 1 garlic clove, halved
- 1 cup lager
- 2 teaspoons Dijon mustard
- Salt and freshly ground pepper
- 3/4 pound ground sirloin, at room temperature
- 3/4 pound ground chuck, at room temperature
- 4 hamburger buns
- 2 tablespoons unsalted butter, melted
- Vegetable oil, for brushing
- 4 Boston lettuce leaves
- 4 thin tomato slices (Fig. 36).



Fig. 34. Cutlets.



Fig. 35. Grilling.

Directions

Step 1. In a small bowl, toss the cheese with the cornstarch. Rub the garlic all over the inside of a medium saucepan, then add the clove to the pan with the lager and bring to a boil. Add the cheese mixture in large handfuls, stirring until melted, and bring to a boil. Add the mustard, season with salt and pepper and simmer over moderate heat until thickened, about 3 minutes; keep warm over low heat.



Fig. 36. Ingredients.

Step 2. In a medium bowl, lightly knead the sirloin with the chuck and loosely form into 4 patties about 3/4 inch thick. Season the burgers very generously with salt and pepper and transfer to a plate lined with plastic wrap.

Brush the cut sides of the buns with the melted butter.

Step 3. Light a grill. When the fire is medium hot, oil the grate. Grill the burgers for about 10 minutes, turning once, for medium meat. Move the burgers away from the heat and grill the cut sides of the buns for about 1 minute, until toasted (**Fig. 35**).

Step 4. Set a lettuce leaf and a tomato slice on the bottom half of each bun. Top each with a burger and a generous spoonful of cheese sauce. Cover with the top half of a bun and serve, passing the remaining cheese sauce on the side.

Make Ahead.

The cheese sauce can be refrigerated overnight. Rewarm gently.

Suggested Pairing. Beer. An all-American beer with plenty of flavor and zing will cut through the rich cheese sauce that accompanies this basic burger [35], see the videos from *Natasha's Kitchen* [24] and Yevhen Klopotenko [48].



Fig. 37. Tasty Classic American Beef Burger with beer.

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