



Cooking Notes

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Sliders

Score Big with Sliders

Sliders are increasing in popularity and variety. Stories about the origin of the slider vary as widely as today's delicious combinations do. Some will say the name originated aboard U.S. Navy ships, because of the way greasy burgers slid across the galley grill while the ship pitched. Others claim the slider was named because their small size lets them to "slide" right down your throat in a bite or two.

Regardless of their origin, these mini bunned "burgers" are sure to delight your family and guests and make for a festive looking plate or platter. Of course you can't go wrong with the traditional miniture beef patty on a silver dollar roll. Dress them up with anything from cheddar, or pepperjack cheese, carmelized onions, and barbecue sauce to tomato, avocado slices and red pepper mayo (simply blend your favorite mayonnaise, pressed garlic clove and fresh or jarred roasted red peppers.) Today you can find plain, wheat and whole grain slider buns at many grocers.

The fun really begins when you experiment with other ingredients. Many would say that any kind of ground meat, poultry, seafood or vegetable constitutes a slider. But on restaurant menus and gourmet recipes you'll see pulled pork, fish fillets or chicken salad sandwiched between tasty mini buns. Here are a few easy, palate pleasing combinations:

- barbecued pork or chicken topped with shredded sharp cheddar
- turkey burger topped with a cucumber slice, plum tomato slice (full flavor and the perfect size for a slider bun) and tarragon mayo
- chicken burger or 1/4 breast topped with plum tomato slice, gouda cheese and pesto mayo
- veggie burger with pepperjack cheese, fresh greens and a for a special topping combine sour cream, mashed avocado, lime juice, and chopped cilantro, jalapeno pepper, tomato, and shallot

Check out delicious recipes from Coastal Living for a delicious Shrimp Louis Slider, Crab Cake Slider, or Fish Fillet Slider on Cornbread Rounds. Search <http://www.coastalliving.com/food/>

For a great twist on the traditional slider Bobby Flay's sliders with Chipotle Mayonnaise pack a full flavor and get rave reviews at: www.foodnetwork.com/recipes/bobby-flay/sliders-with-chipotle-mayonnaise-recipe/index.html

