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Blue Cheese Burger Tacos

Makes 8 tacos

The simple combination of ground beef and blue cheese is amazing. This taco is upscale and delicious!

1 lb. extra-lean ground sirloin (500 g)
1 tsp seasoned salt (5 ml)
Pinch freshly ground black pepper
8 flour tortillas (6-8" inch), skillet-warmed
1/2 cup crumbled blue cheese (125 ml)
Red Onion Salsa (below)
2 cups shredded lettuce (500 ml)

1. In a large skillet over medium heat, sauté meat, breaking up meat with a spoon, until meat is browned and no longer pink, about 12 minutes. Season with salt and pepper to taste. Drain off excess fat.

2. To build tacos, divide meat equally among tortillas. Top with blue cheese, Red Onion Salsa and lettuce. Fold tortillas in half.

Variation: Replace Red Onion Salsa with caramelized onions, which add a rich flavor to this taco. To make them, slice a large onion crosswise and separate into rings. Season with salt, and a pinch of sugar. In a large skillet, heat 1 tbsp (15 ml) olive oil over medium-high heat. Add onions and sauté until onions are transparent and caramelized, 12 to 15 minutes.

Red Onion Salsa

Makes 1-1/2 cups (375 ml)

This is my version of the traditional Mexican onion condiment: thin slices of onions marinated in fresh lemon juice. One bite will take you across the border.

1 red onion, minced
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Juice of 1 lemon
Juice of 1 lime
2 tsp olive oil (10 ml)
1 tbsp minced flat-leaf parsley (15 ml)

1. In a large bowl, combine red onion, onion, lemon juice, lime juice, oil and parsley. Transfer to an airtight container and refrigerate, stirring occasionally, for 1 hour or for up to 24 hours.

Tip: I like flat-leaf Italian parsley over curly parsley because of the added flavor but also because it adds great color and texture.