

AMERICAN COOKERY: Loco Moco

We all know and love fast food but did you know Hawaii's traditional Loco Moco, rice topped with a meat patty, gravy and an egg, may be America's original fast food? Loco Moco is said to have been created at a restaurant in the town of Hilo in 1949 for a group of teenagers seeking a dish that was an inexpensive alternative to a sandwich, but was still quick and easy to serve. Indulgent and delicious, this dish is also nutritious! Try this quick and easy recipe using olive oil from Spain.

INGREDIENTS

- Egg
- Olive oil from Spain
- 1/2 medium sized sweet onion (optional)
- 3/4 cup sliced mushroom (optional)
- Green onions for garnishing
- Cooked rice

Hamburger Patties:

- 1 1/2 lb ground beef
- 1 tbsp Worcestershire sauce
- 1 1/2 tsp seasoning salt
- 1 tsp garlic powder
- 1/2 tsp black pepper

Gravy:

- 4 tablespoons of extra virgin olive oil from Spain
- 1/4 cup of wholemeal flour
- 1 cup of chicken broth
- 1 cup of remaining juices from a roast beef
- 1 tablespoon of perrins sauce
- Salt and pepper

STEP BY STEP

1. Mix ground beef, Worcestershire sauce, seasoning salt, garlic powder, and black pepper in a large bowl.
2. Forming large patties.
3. Heat olive oil from Spain in a pan over medium heat & fry patties until browned (about 2-5 minutes), then set aside.
4. For the gravy, mix together beef stock, shoyu, Worcestershire sauce, ketchup, and cornstarch until the cornstarch has come off of the bottom.
5. Using the same pan, fry onions and mushrooms (optional) then add gravy mixture, simmer and stiff until thick.
6. Fry sunny side up egg in a skillet with olive oil from Spain.
7. Serve a generous portion of rice on your plate, add burger patty with gravy over, then top it all with your egg, spring onions and a drizzle of extra virgin olive oil from Spain.



OLIVE OILS
FROM SPAIN

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