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Hell's Kitchen 4

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Gordon Ramsay Admits Secret Passion For Fast Food Burgers

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Exclusive Gordon Ramsay Admits He's A Secret Fast Food Fan After Wolfing Down Two Double Cheeseburgers In 15 Minutes

HE has been awarded 12 coveted Michelin stars for producing refined food at his world-famous restaurants. But Gordon Ramsay has revealed an unlikely addiction - for fast food. The Scots chef scoffed two whopping cheeseburgers in 15 minutes from his favourite takeaway in his adopted home of Los Angeles.

He ate one of In-N-Out's 480-calorie Animal Style burgers at the table then ordered another one to enjoy at home.

Ramsay, 41, who is opening a restaurant in LA and shooting American Hell's Kitchen, said: "I sneaked into In-N-Out Burger the other day." People think Americans are obese and burgers are bad for them - they are delicious.

"In-N-Out burgers were extraordinary. I was so bad, I sat in the restaurant, had my double cheeseburger then minutes later I drove back round and got the same thing again to take away."

Despite his burger passion, Ramsay still finished his ninth London Marathon last Sunday in under four hours.

At home, he shed the pounds by running from his London restaurant with a rucksack laden with potatoes. In America, he trains at Olympic-standard facilities at UCLA.

He said: "I was a fat chef once and it's not a good thing to go to say hello to a customer when your stomach is bulging over the table, so I did something about it.

"I train hard. I'm not in a mid-life crisis by any means but I'm physically and mentally fit - I'm very strong."

Ramsay has still not got over being dumped by Rangers as a 19-year-old but it was that rejection which spurred him on to be a success in the kitchen.

He had played just two first team games for the Ibrox club when he wrecked his cruciate ligament.

He said: "It's hard because I suppose that on the back of the upset it made me more determined the second time round for success. Life is too short to be negative." I don't look back, I look forward. It's great to have knockbacks in life. Recently my wife Tana told me my daughter Megan got rejected for the swimming team and I said, 'That's great'. "At the age of nine that fear of rejection makes them hungry the next time the trials come round.

"So we're going back into the pool on Saturday and Sunday and she'll train again. The fact she got rejected makes me feel a lot happier because you don't get it handed down on a plate."

Ramsay is looking for a house in LA or when Tana, 33, Megan, eight-year-old twins Jack and Holly, and Matilda, five, visit.

And he has been rubbing shoulders with the Hollywood A-list such as Eva Longoria.

He said: "I had dinner with her a couple of weeks ago. Eva's a foodie. I'm amazed someone so small can eat so much - she must have hollow legs." Knocks such as his football injury have helped the fiery chef cope with criticism,

especially after opening his New York restaurant, Gordon Ramsay At The London. He said: "New York was a tough opening. The critics were out." The first complaint was a lady saying the doors to the bathroom were too heavy. I suggested she went to the gym and dinner at the same time, she told me to p*** off.

"I'm in the customer service industry and want to create a little bit of magic so if she found my bathroom doors deeply heavy, then God knows what happened to the toilet paper on her bottom."

MAILFILE: SUPERCHEF'S PERFECT BURGER

HERE is Gordon's recipe for a slightly posher burger. He said: "Treat your burger like a steak. Sear it beautifully on both sides, let it rest and then continue to cook to medium."

INGREDIENTS (serves 4)

Onion relish: 2 red onions, finely sliced; 50g butter; 1 tbsp demerara sugar; 1 tbsp balsamic vinegar.

Burger: 1 large red onion, peeled and finely chopped; 1kg minced lean beef; sea salt; freshly ground black pepper; vegetable oil; butter; 4 large burger baps, toasted; 4 large pickled gherkins, sliced; 2 beef tomatoes, sliced; 1 baby gem lettuce, washed and divided; shavings of Parmesan cheese.

For the relish, fry onions in the butter until soft. Add the sugar and fry for four to five minutes until caramelised. Drain excess fat and add the balsamic vinegar. Cook for two to three minutes until it has the consistency of a syrup.

For the burger, mix the onion into the minced beef and season well. Mould into four large balls and press lightly to shape into burgers. Set in fridge for a couple of hours.

When you're ready to cook, get a large frying or griddle pan hot and cook in a little vegetable oil for 10-15 minutes. This will cook them medium, so adjust the timing for rarer or slightly more well done. Add a little butter to the pan towards the end of the cooking.

Serve straight away on the toasted baps topped with the salad garnishes, Parmesan and relish.