



## Cook the Book: Burger and Fries

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



880 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 pint cherry tomatoes quartered
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.5 cup wine dry red
- ☐ 1 large egg whites beaten
- ☐ 1.5 teaspoons thyme sprigs fresh finely chopped
- ☐ 1 garlic clove very finely chopped
- ☐ 1.5 pounds ground beef chilled
- ☐ 1 handful the salad (recipe below)

- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon port wine
- ☐ 4 servings red wine
- ☐ 2.5 pounds baking potatoes peeled
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons shallots very finely chopped
- ☐ 1 tablespoon butter unsalted

## Equipment

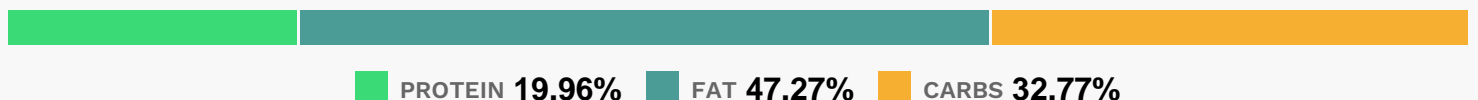
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ mandoline
- ☐ kitchen towels

## Directions

- ☐ Handling lightly to keep the texture light and juicy, divide the meat into 4 evenly sized patties about 1 inch thick. The burgers can be shaped and refrigerated, covered, for several hours or overnight.
- ☐ Let the meat come to room temperature before cooking.
- ☐ With a mandoline, julienne the potatoes into the finest possible strips.
- ☐ Put them in a bowl and season with salt and pepper to taste. Toss to mix well.
- ☐ When ready to cook, preheat the oven to 450°F.
- ☐ Wrap the burger patties in potatoes only just before cooking.
- ☐ Brush the patties with the beaten egg white. Enclose the potatoes in a clean kitchen towel and press to rid them of excess water. Divide the potatoes into 8 equal piles.

- ☐ Spread one pile on a work surface, top with a patty, and then spread another pile of potatoes on top and all around the meat. Gently but firmly press the potatoes around the meat, working the patty between your hands to form a tight package and to completely cover the meat with the potatoes.
- ☐ Heat the olive oil in a large, ovenproof, nonstick skillet over medium-high heat until very hot.
- ☐ Place the burgers in the skillet and cook without moving them until the potatoes begin to turn golden brown and crisp, about 3 minutes. Regulate the heat to prevent burning.
- ☐ Turn the burgers and place in the oven for 8 to 9 minutes for medium-rare.
- ☐ Add more oil to the skillet as needed so the potatoes do not stick or burn. (It might be helpful here to use a meat thermometer. It should register 125°F for medium-rare meat.)
- ☐ To build the burgers, center the burgers on warm plates.
- ☐ Garnish with a pinch of baby greens or fried herbs. Scatter a few cherry tomatoes and greens around the burgers and serve immediately with the sauce on the side, or spoon a circle of sauce around the burgers.
- ☐ Fried Herbs
- ☐ - makes about 1 1/2 cups -
- ☐ In a medium saucepan, heat the olive oil over medium heat.
- ☐ Add the shallot and cook, without browning, stirring occasionally, until the shallot is tender and translucent, about 5 minutes.
- ☐ Add the garlic, stir, and cook for another minute.
- ☐ Add the wine, bring to a boil, and cook until the pan is nearly dry, about 5 minutes. Swirl the pan as the wine reduces in order to see clearly to the bottom of the pan. Stir in the stock and thyme and return the sauce to a gentle simmer.
- ☐ In a small bowl, stir together the port and cornstarch.
- ☐ Whisk this mixture into the sauce and continue to simmer gently, uncovered, for 6 to 10 minutes. Taste for seasoning and adjust with salt and pepper. The sauce can be made a day ahead and refrigerated, covered. Reheat gently over low heat. Just before serving, swirl in the butter.

## Nutrition Facts



## Properties

Glycemic Index:59.19, Glycemic Load:41.19, Inflammation Score:-9, Nutrition Score:31.449565659399%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 4.16mg, Petunidin: 4.16mg, Petunidin: 4.16mg, Petunidin: 4.16mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 31.77mg, Malvidin: 31.77mg, Malvidin: 31.77mg, Malvidin: 31.77mg Peonidin: 2.54mg, Peonidin: 2.54mg, Peonidin: 2.54mg, Peonidin: 2.54mg Catechin: 13.18mg, Catechin: 13.18mg, Catechin: 13.18mg, Catechin: 13.18mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 9.05mg, Epicatechin: 9.05mg, Epicatechin: 9.05mg, Epicatechin: 9.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

## Nutrients (% of daily need)

Calories: 879.75kcal (43.99%), Fat: 39.2g (60.3%), Saturated Fat: 15.22g (95.1%), Carbohydrates: 61.13g (20.38%), Net Carbohydrates: 56.72g (20.63%), Sugar: 4.9g (5.44%), Cholesterol: 128.29mg (42.76%), Sodium: 158.47mg (6.89%), Alcohol: 19.31g (100%), Alcohol %: 3.38% (100%), Protein: 37.25g (74.49%), Vitamin B6: 1.7mg (84.8%), Vitamin B12: 3.65µg (60.89%), Potassium: 2017.65mg (57.65%), Zinc: 8.29mg (55.29%), Vitamin B3: 10.87mg (54.36%), Phosphorus: 486.56mg (48.66%), Selenium: 29.17µg (41.68%), Vitamin C: 33.8mg (40.97%), Iron: 7.12mg (39.58%), Manganese: 0.79mg (39.58%), Magnesium: 122.13mg (30.53%), Vitamin B2: 0.45mg (26.62%), Copper: 0.48mg (23.9%), Vitamin B1: 0.34mg (22.89%), Vitamin B5: 1.88mg (18.84%), Fiber: 4.41g (17.65%), Folate: 66.97µg (16.74%), Vitamin K: 12.07µg (11.5%), Vitamin A: 532.52IU (10.65%), Calcium: 95.48mg (9.55%), Vitamin E: 1.43mg (9.53%), Vitamin D: 0.22µg (1.48%)