



Fat Doug Burger

READY IN



100 min.

SERVINGS



4

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 banana peppers from a jar hot chopped
- 3 tablespoons champagne vinegar
- 1 tablespoon dijon mustard
- 4 egg buns split
- 2 tablespoons flour all-purpose
- 0.5 clove garlic minced
- 4 cloves garlic
- 0.5 pound ground sirloin
- 1 tablespoon shasha sauce (below)

- 0.5 jalapeno fresh minced
- 2 tablespoons mayonnaise
- 0.5 head napa cabbage shredded
- 0.5 pound pastrami thinly sliced
- 0.5 small onion red thinly sliced
- 1.5 teaspoons salt
- 4 servings salt and pepper black freshly ground
- 0.5 cup sugar
- 1 tablespoon sugar
- 4 slices swiss cheese thick
- 1.5 tablespoons butter unsalted melted
- 1 cup citrus champagne vinegar
- 1 tablespoon worcestershire sauce
- 1 cup mustard yellow
- 0.5 pound ground short boneless 75% 80% lean
- 0.5 pound ground brisket
- 0.5 pound ground brisket

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- whisk
- grill

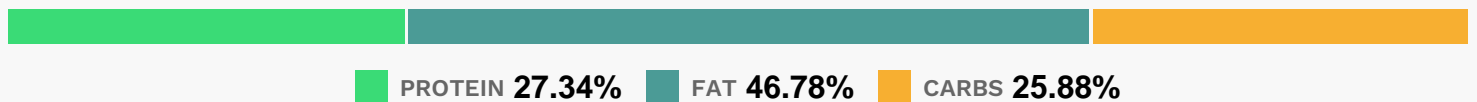
Directions

- Prepare the slaw: In a medium bowl, mix together the cabbage, garlic, onion, jalapeno, vinegar, mustard, mayonnaise, sugar, salt, Worcestershire sauce and ShaSha Sauce. Cover and

refrigerate 1 hour.

- Make the burgers: Build a charcoal fire or heat a gas grill. On a work surface, combine the meats and form the burgers into 4 equal-size patties. Season liberally with salt and pepper.
- Grill the burgers over high heat until medium rare, 3 to 5 minutes per side.
- Meanwhile, heat a large saute pan over medium heat.
- Place 4 heaping piles of pastrami in the pan. After 2 minutes, top each pile with a slice of Swiss cheese.
- Remove them when the cheese is melted; set aside.
- Pour the butter into the pan.
- Place the buns in the pan, cut-side down, and toast, about 2 minutes.
- Place a heaping tablespoonful of the slaw on the bottom half of each bun. Top with a burger and a mound of pastrami and cheese. Cover each with the top half of the bun and serve immediately.
- In a food processor, puree the peppers, garlic, mustard and vinegar.
- Pour the puree into a nonreactive saucepan, then add the sugar and bring it to a boil over high heat. Lower the heat and simmer the mixture for 30 minutes.
- In a small bowl or juice glass, mix the flour and 1/2 cup water to make a smooth paste.
- Whisk it into the pepper mixture and continue to simmer for 20 minutes, stirring regularly, until it becomes very thick.
- Let the sauce cool, then pour it into a covered nonreactive container (such as a glass jar). The sauce can be refrigerated for up to 1 month.
- Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:152.3, Glycemic Load:23.89, Inflammation Score:-8, Nutrition Score:40.606087124866%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.95mg, Quercetin:
2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 709.26kcal (35.46%), Fat: 36.65g (56.38%), Saturated Fat: 14.01g (87.59%), Carbohydrates: 45.61g (15.2%), Net Carbohydrates: 39.92g (14.52%), Sugar: 33.25g (36.94%), Cholesterol: 292.37mg (97.46%), Sodium: 2505.46mg (108.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.2g (96.39%), Vitamin C: 80.12mg (97.12%), Selenium: 67.09µg (95.84%), Vitamin B12: 5.07µg (84.54%), Zinc: 9.87mg (65.83%), Vitamin K: 65.64µg (62.51%), Phosphorus: 612.71mg (61.27%), Vitamin B6: 1.09mg (54.4%), Vitamin B3: 8.99mg (44.97%), Vitamin B2: 0.68mg (39.99%), Iron: 7.17mg (39.84%), Folate: 146.09µg (36.52%), Manganese: 0.7mg (35.2%), Calcium: 348.42mg (34.84%), Potassium: 1123.67mg (32.1%), Vitamin B1: 0.39mg (26.12%), Magnesium: 102.25mg (25.56%), Fiber: 5.69g (22.75%), Vitamin A: 1044.41IU (20.89%), Vitamin B5: 1.88mg (18.84%), Copper: 0.32mg (16.13%), Vitamin E: 1.77mg (11.82%), Vitamin D: 1.03µg (6.86%)