

build a better burger

Peppered Lamb Burgers with "Hot Tomato" Jam

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



843 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons basil fresh cut into chiffonade
- ☐ 3 tablespoons ginger fresh finely minced
- ☐ 1 garlic clove finely minced
- ☐ 4 hamburger buns split
- ☐ 1.3 pounds lamb loins freshly ground
- ☐ 4 leaf lettuce leaves red
- ☐ 0.3 cup merlot

- ☐ 4 servings olive oil for brushing on the grill rack
- ☐ 1 teaspoon pepper sauce hot
- ☐ 4 servings salt
- ☐ 2 tablespoons sesame oil
- ☐ 0.3 cup sugar
- ☐ 4 cups tomatoes cored ripe peeled roughly chopped (for best results, use a variety of tomatoes)
- ☐ 2 tablespoons unseasoned rice vinegar
- ☐ 2 tablespoons very coarsely ground
- ☐ 2 tablespoons very coarsely ground

Equipment

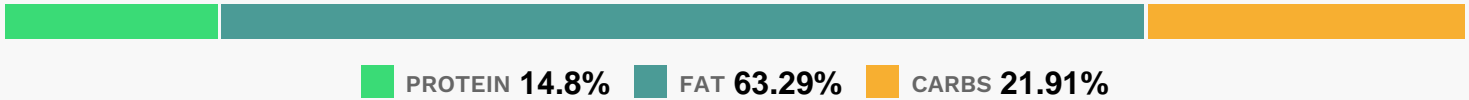
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare a medium-hot fire in a charcoal grill with a cover, or preheat a gas grill to medium-high.
- ☐ Taste and add the remaining pepper sauce to taste. Continue cooking until the mixture reaches a jam-like consistency, and then remove from the heat and set aside to cool. Stir the basil into the cooled mixture and season to taste with salt. Set aside.
- ☐ To make the jam, combine the tomatoes, sugar, ginger, vinegar, and 1/2 teaspoon of the pepper sauce in a flame-proof nonreactive saucepan.
- ☐ Place the pan on the grill rack and bring the mixture to a slow simmer. Continue simmering, stirring occasionally and moving on and off the heat as necessary, until the mixture is reduced by half, about 30 minutes.
- ☐ Move the pan to the coolest part of the rack and continue to cook for another 15 minutes.
- ☐ To make the patties, combine the lamb, peppercorn blend, garlic, sesame oil, and Merlot in a large bowl and season with salt. Handling the meat as little as possible to avoid compacting it, mix well. Divide the mixture into 4 equal portions and form the portions into patties to fit the

- buns.
- ☐ Brush the grill rack with olive oil.
 - ☐ Place the patties on the rack, cover, and cook, turning once, until done to preference, about 4 minutes on each side for medium-rare. During the last few minutes of cooking, place the buns, cut side down, on the outer edges of the rack to toast lightly.
 - ☐ To assemble the burgers, spread the cut sides of the buns with the tomato jam. On each bun bottom, place a lettuce leaf and a patty.
 - ☐ Add the bun tops and serve.
 - ☐ Taste
 - ☐ Book, using the USDA Nutrition Database
 - ☐ From Build a Better Burger by James McNair Copyright (c) 2005 by James McNair Published by Ten Speed Press. James McNair has served as the head judge of Build a Better Burger since it began in 1990, heading both the regional selection process and the cook-off judging; he is now the chairman of the national contest. He is the author of more than forty cookbooks, including Burgers, Beef, Chicken, Corn, Grill, Pizza, and The Sutter Home Napa Valley Cookbook, and has received an Award of Excellence from the International Association of Culinary Professionals. McNair also teaches cooking classes and gives culinary lectures around the country, and has appeared on many national and local television shows. He lives in Napa Valley.

Nutrition Facts



Properties

Glycemic Index:87.52, Glycemic Load:26.3, Inflammation Score:-8, Nutrition Score:26.051304433657%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 842.56kcal (42.13%), Fat: 58.49g (89.98%), Saturated Fat: 18.75g (117.18%), Carbohydrates: 45.57g (15.19%), Net Carbohydrates: 42.85g (15.58%), Sugar: 23.9g (26.55%), Cholesterol: 110.37mg (36.79%), Sodium: 531.61mg (23.11%), Alcohol: 1.56g (100%), Alcohol %: 0.48% (100%), Protein: 30.77g (61.54%), Vitamin B12: 3.58µg (59.64%), Vitamin B3: 11.79mg (58.95%), Selenium: 40.45µg (57.79%), Zinc: 5.79mg (38.59%), Vitamin K: 36.33µg (34.6%), Phosphorus: 324.45mg (32.44%), Vitamin B1: 0.46mg (30.67%), Vitamin B2: 0.49mg (28.62%), Vitamin A: 1397.33IU (27.95%), Vitamin C: 22.52mg (27.3%), Manganese: 0.51mg (25.29%), Iron: 4.49mg (24.93%), Folate: 92.17µg (23.04%), Potassium: 793.18mg (22.66%), Vitamin E: 3.37mg (22.44%), Vitamin B6: 0.37mg (18.69%), Magnesium: 63.46mg (15.87%), Copper: 0.31mg (15.57%), Vitamin B5: 1.14mg (11.41%), Fiber: 2.72g (10.88%), Calcium: 108.36mg (10.84%), Vitamin D: 0.15µg (1.01%)