



Rarebit Smash Burgers with Pub Potatoes and Horseradish Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



1176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds percent ground beef (if you grind your own, use)
- 4 slices bacon cut into 1/2-inch pieces
- 4 servings bread-and-butter pickles for topping
- 1 teaspoon cayenne pepper
- 2 teaspoons mustard dry
- 4 servings evoo for the pans
- 2 tablespoons chives fresh chopped
- 2 tablespoons optional: dill fresh chopped

- 4 tablespoons parsley fresh chopped
- 1 clove garlic finely grated
- 4 servings splash of half-and-half whole
- 2 tablespoons horseradish prepared
- 4 servings potato rolls lightly toasted
- 2 large russet potatoes
- 4 servings salt and pepper freshly ground
- 1 cup cup heavy whipping cream sour
- 0.5 cup irish stout such as guinness
- 4 servings watercress for topping
- 3 tablespoons worcestershire sauce
- 1 small onion white yellow very thinly sliced
- 0.5 pound cotswold yellow extra-sharp sliced
- 0.5 pound cotswold yellow extra-sharp sliced

Equipment

- bowl
- frying pan
- aluminum foil
- spatula

Directions

- Watch how to make this recipe.
- Peel the potatoes, then slice into thin wedges or cut into 3/4-inch dice.
- Heat a skillet over medium-high heat and add a drizzle of EVOO.
- Add the bacon and cook until crisp, then drain on a paper-towel-lined plate.
- Add the potatoes to the fat in the skillet and season with a little salt and lots of pepper. Cook until browned, 5 to 6 minutes. Cover with foil and cook for 5 minutes.
- Remove the foil and cook until crisp, 7 to 8 more minutes.

- Mix the sour cream, chives, dill, garlic, horseradish, 2 tablespoons parsley and half-and-half or milk in a small bowl. Season with salt and pepper.
- Mix the beef, Worcestershire sauce, dry mustard cayenne or hot sauce and the remaining 2 tablespoons parsley in a large bowl.
- Sprinkle with salt and lots of pepper.
- Heat a cast-iron skillet or griddle over medium-high heat.
- Brush with oil, then add the beef mixture in 4 loose balls of equal size (do not shape them with your hands). Flatten with a spatula into 3/4-inch-thick patties. Scatter the onion slices over the top and press in with the spatula. Cook for 3 minutes, then flip and press the onion into the patties. Cook for 2 more minutes. Douse the pan with the beer and lay the cheese over the patties. Cover and cook until the cheese melts, about 1 minute.
- Serve the burgers on the rolls with pickles and watercress.
- Drizzle the horseradish sauce over the potatoes and serve on the side.

Nutrition Facts



Properties

Glycemic Index:97.85, Glycemic Load:34.19, Inflammation Score:-9, Nutrition Score:44.357826295106%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 8.18mg, Kaempferol: 8.18mg, Kaempferol: 8.18mg, Kaempferol: 8.18mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 13.96mg, Quercetin: 13.96mg, Quercetin: 13.96mg, Quercetin: 13.96mg

Nutrients (% of daily need)

Calories: 1175.69kcal (58.78%), Fat: 81.41g (125.24%), Saturated Fat: 28.45g (177.8%), Carbohydrates: 57.39g (19.13%), Net Carbohydrates: 52.69g (19.16%), Sugar: 7.72g (8.57%), Cholesterol: 209.82mg (69.94%), Sodium: 869.86mg (37.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.95g (103.89%), Vitamin K: 172.64µg (164.42%), Vitamin B12: 5.09µg (84.77%), Vitamin B6: 1.58mg (79.23%), Selenium: 52.32µg (74.74%), Zinc: 11.05mg (73.66%), Vitamin B3: 14.42mg (72.12%), Phosphorus: 621.93mg (62.19%), Potassium: 1844.86mg (52.71%), Iron: 8.48mg (47.11%), Vitamin C: 37.59mg (45.56%), Vitamin A: 2093.94IU (41.88%), Manganese: 0.83mg (41.59%), Vitamin B2: 0.66mg (39.11%), Vitamin B1: 0.51mg (33.75%), Magnesium: 120.93mg (30.23%), Vitamin E: 3.92mg (26.14%), Vitamin B5: 2.41mg (24.1%), Calcium: 237.88mg (23.79%), Copper: 0.47mg (23.58%), Folate: 92.29µg

(23.07%), Fiber: 4.7g (18.8%), Vitamin D: 0.31µg (2.1%)