



Sirloin Cheese Burgers and Fries

READY IN



285 min.

SERVINGS



6

CALORIES



1536 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 tablespoons grapeseed oil
- ☐ 1 teaspoon ground pepper black
- ☐ 3 pounds ground sirloin ()
- ☐ 3 large idaho potatoes
- ☐ 6 center-cut solid onion rings
- ☐ 6 slices provolone cheese
- ☐ 6 romaine lettuce hearts washed crisp
- ☐ 6 servings salt and pepper black freshly ground

- ☐ 1 teaspoon sea salt
- ☐ 6 buns
- ☐ 8 cups vegetable oil
- ☐ 2 tomatoes whole sliced

Equipment

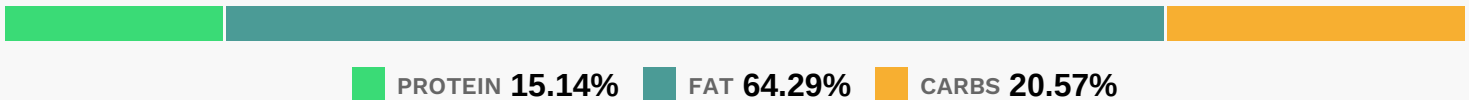
- ☐ bowl
- ☐ frying pan
- ☐ baking paper

Directions

- ☐ For the fries: Rinse and cut the potatoes lengthwise into 1/4-inch-by-1/4-inch-length fingers and hold in cold water in the refrigerator for 3 hours and up to 1 day. During the soak for the potatoes, change the water out at least once. This will help remove some of the starch from the potatoes and result in a better fry.
- ☐ After soaking the potatoes, remove from the water and pat dry.
- ☐ Heat the vegetable oil in a deep-fryer to 300 degrees F. Pre-cook the potatoes for 3 minutes, blanching them. After blanching, return them to the refrigerator for at least 1 hour. The cooling helps to create crispier skin during the second cooking. To finish, raise the fryer temperature to 350 degrees F.
- ☐ Remove the fries from the refrigerator. Load the fries into the baskets no more than one-third the depth of the baskets, and cook until crisp, a final 3 to 4 minutes.
- ☐ Remove and allow the oil to drip off. Season with salt and pepper.
- ☐ For the burgers: In a bowl, blend the sirloin with the salt and pepper, mixing well but do not over mix. Over mixing will result in tough burgers. Portion the meat into 6 equal balls. Next, between two 5-to-6-inch plates, with parchment paper on each plate, press the balls into 1-inch-thick patties.
- ☐ To cook, heat a large pan over medium heat with the grapeseed oil until hot, about 1 minute. After heating the oil, add the burgers, reduce the heat to medium and cook on the first side, 4 to 5 minutes. Then flip the burgers and cook, another 4 to 5 minutes. After cooking the second side, add the cheese and turn the heat off. The burgers will finish with "carry over" cooking, and this will allow the cheese to melt.

- ☐ During the carry over cooking, heat a second pan over medium heat with the butter to coat the bottom of the pan, about 1 minute. Once the butter is heated, add the buns in batches and brown. This will take 1 to 2 minutes.
- ☐ Remove the buns once browned and repeat the process with the remaining buns.
- ☐ To build a burger, place a romaine leaf, tomato slice and cheesed burger on the bottom bun. Finish with the onion ring and bun top. Repeat for remaining burgers.
- ☐ Serve with the fries.

Nutrition Facts



Properties

Glycemic Index:69.63, Glycemic Load:52.04, Inflammation Score:-10, Nutrition Score:45.990000040635%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 23.18mg, Quercetin: 23.18mg, Quercetin: 23.18mg, Quercetin: 23.18mg

Nutrients (% of daily need)

Calories: 1535.87kcal (76.79%), Fat: 110.19g (169.52%), Saturated Fat: 29.59g (184.92%), Carbohydrates: 79.34g (26.45%), Net Carbohydrates: 72.81g (26.48%), Sugar: 11.66g (12.96%), Cholesterol: 182.38mg (60.79%), Sodium: 1030.93mg (44.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.39g (116.78%), Vitamin K: 147.17µg (140.16%), Iron: 17.75mg (98.6%), Vitamin B12: 5.21µg (86.85%), Vitamin B6: 1.62mg (81.11%), Zinc: 11.64mg (77.62%), Vitamin B3: 12.95mg (64.75%), Phosphorus: 636.04mg (63.6%), Vitamin A: 3128.88IU (62.58%), Selenium: 40.08µg (57.26%), Potassium: 1799.08mg (51.4%), Vitamin E: 7.45mg (49.65%), Vitamin B2: 0.53mg (30.94%), Vitamin C: 25.39mg (30.78%), Manganese: 0.6mg (30.13%), Magnesium: 108.9mg (27.22%), Folate: 106.75µg (26.69%), Fiber: 6.52g (26.09%), Calcium: 250.51mg (25.05%), Vitamin B1: 0.34mg (22.46%), Copper: 0.43mg (21.68%), Vitamin B5: 2.12mg (21.16%), Vitamin D: 0.32µg (2.15%)