



Triple-Beef Cheeseburgers with Spiced Ketchup and Red Vinegar Pickles

READY IN



630 min.

SERVINGS



8

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds well-chilled beef brisket trimmed
- ☐ 3 ounces well-chilled beef bone marrow
- ☐ 5 ounces well-chilled beef suet
- ☐ 8 servings spiced ketchup
- ☐ 1.3 pounds carne asada meat trimmed
- ☐ 8 servings olive oil (for brushing)
- ☐ 2 tablespoons miso mixed red with 1/4 cup water until smooth
- ☐ 8 slices onion red

- ☐ 8 large sesame seed buns halved
- ☐ 8 large slices sharp cheddar cheese
- ☐ 1.3 pounds well-chilled short ribs boneless trimmed
- ☐ 8 slices tomatoes
- ☐ 8 servings vinegar pickles red
- ☐ 8 servings watercress sprigs fresh

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ meat grinder

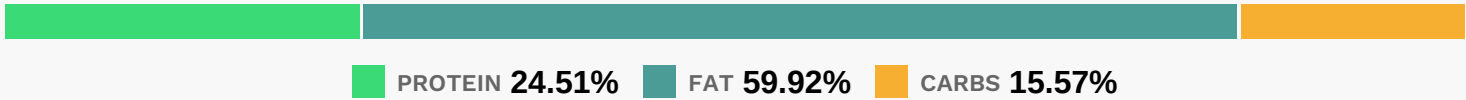
Directions

- ☐ To make this burger, the meats, suet, and marrow must be ground. There are three different ways to do this.
- ☐ Have the butcher grind the meats. Ask your butcher to cut all trimmed meats into 3/4-inch pieces, chop the suet and marrow, and grind everything into 1/16-inch pieces.
- ☐ Use a meat grinder.
- ☐ Use a food processor.
- ☐ Cut all trimmed meats into 1/4-inch pieces. Chop the suet and marrow. Freeze until partially frozen. Working in batches and using on/off turns, grind into 1/16-inch pieces.
- ☐ Combine all ground meats, beef suet, and bone marrow in large bowl and mix lightly with fork.
- ☐ Add miso mixture and stir lightly just to incorporate (do not overmix). Divide meat mixture into 8 equal portions. Form each portion into scant 4-inch-diameter patty.
- ☐ Sprinkle both sides of patties generously with salt and pepper.
- ☐ Brush 2 large skillets with oil; heat over medium-high heat.
- ☐ Add 4 burgers to each skillet; cook 3 minutes. Turn burgers over. Cook 2 minutes; top with cheese and cook 30 seconds to 1 minute longer for medium-rare.
- ☐ Remove from heat.

- ☐
- Place 1 bun bottom on each of 8 plates.Top each with 1 burger, 1 tomato slice, 1 redonion slice, watercress, and Red Vinegar

☐☐☐

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:13.64, Inflammation Score:-8, Nutrition Score:33.923912991648%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 7.92mg, Kaempferol: 7.92mg, Kaempferol: 7.92mg, Kaempferol: 7.92mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg

Nutrients (% of daily need)

Calories: 761.45kcal (38.07%), Fat: 50.62g (77.88%), Saturated Fat: 17.9g (111.85%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 27.48g (9.99%), Sugar: 8.08g (8.97%), Cholesterol: 132.17mg (44.06%), Sodium: 1188.73mg (51.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.59g (93.19%), Vitamin K: 110.86µg (105.59%), Vitamin B12: 5.13µg (85.54%), Zinc: 10.75mg (71.64%), Selenium: 47.32µg (67.6%), Vitamin B3: 10.82mg (54.1%), Vitamin B6: 0.96mg (47.81%), Phosphorus: 447.87mg (44.79%), Vitamin B2: 0.68mg (39.8%), Iron: 5.79mg (32.15%), Vitamin B1: 0.47mg (31.26%), Potassium: 940.02mg (26.86%), Vitamin A: 1313.85IU (26.28%), Manganese: 0.5mg (24.77%), Vitamin E: 3.35mg (22.32%), Vitamin C: 18.33mg (22.21%), Magnesium: 70.69mg (17.67%), Calcium: 164.59mg (16.46%), Folate: 63.76µg (15.94%), Copper: 0.28mg (13.94%), Vitamin B5: 1.02mg (10.16%), Fiber: 2.11g (8.44%)