



Ultimate Burgers

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings bacon with black pepper and rosemary
- ☐ 8 servings pepper black freshly ground
- ☐ 8 servings caramelized onions
- ☐ 8 servings chile ketchup
- ☐ 8 hamburger buns split
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings herbed horseradish mayonnaise
- ☐ 8 servings sautéed mushrooms

- ☐ 8 slices swiss cheese thin
- ☐ 8 servings tomatoes with sea salt and chives
- ☐ 3 pounds ground brisket
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Equipment

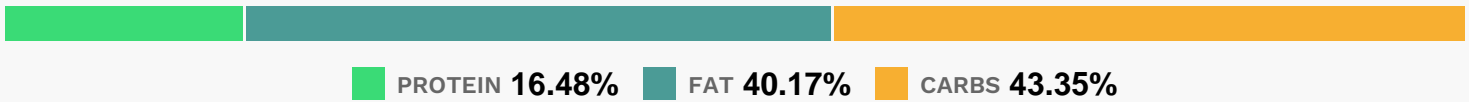
- ☐ bowl
- ☐ paper towels
- ☐ grill

Directions

- ☐ In a large bowl, lightly season ground meat with salt and pepper if you like (optional) and mix in gently with your hands. To shape the burgers, take about 1/8 of meat and form it into a meatball; then flatten it a between your hands until it's about 1/2 in. thick. Turn the patty on your palm while firming up its edges with the thumb and forefingers of your other hand (your goal is to get rid of a crumbly edge). Repeat with remaining meat.
- ☐ Let burgers rest at least 30 minutes in the refrigerator.
- ☐ Prepare a gas or charcoal grill for high heat (450 to 550; you can hold your hand 5 in. above grate level only 2 to 4 seconds). Wipe grate with oiled paper towels.
- ☐ Sprinkle burgers with salt and pepper (especially if you chose not to season the meat in Step 1). Grill burgers 4 to 6 minutes, turning once, for rare*, topping with cheese during the final minute or two.
- ☐ Transfer burgers to a plate. Clean grate with oiled paper towels. Toast buns on grill 1 minute and serve with burgers.
- ☐ *For a medium to well-done burger, cook over medium-high heat (about 45
- ☐ for 10 minutes total; cut to check doneness.
- ☐ TYLER'S FIXES
- ☐ Buy the right meat. Brisket has the perfect mix of lean and fat to make a juicy burger. For uniform texture, ask your butcher to grind it twice for you.
- ☐ Don't overwork it. You really don't even need to add salt and pepper to the meat; all the action is in the toppings. Also, let the patties rest before cooking. Otherwise they'll be chewy.

- ☐ Start with a clean cooking grate. Dirt makes food taste bad and makes it stick.
- ☐ Cook it hot.
- ☐ Heat the grill to between 450 and 55
- ☐ Cold burgers on a cold grill are going to stick every time.
- ☐ Create a nonstick cooking surface. When the cooking grate is hot, wipe it quickly and carefully with an oiled square of several folded paper towels.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:13.64, Inflammation Score:-4, Nutrition Score:9.4160868891555%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 224.95kcal (11.25%), Fat: 10.02g (15.41%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 23.05g (8.38%), Sugar: 4.34g (4.82%), Cholesterol: 17.49mg (5.83%), Sodium: 464.67mg (20.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.49%), Selenium: 17.14µg (24.48%), Calcium: 219.87mg (21.99%), Vitamin C: 16.06mg (19.47%), Vitamin B1: 0.25mg (16.73%), Manganese: 0.32mg (15.81%), Phosphorus: 151.83mg (15.18%), Folate: 47.52µg (11.88%), Vitamin B2: 0.2mg (11.6%), Vitamin K: 10.77µg (10.26%), Vitamin B12: 0.6µg (10.08%), Vitamin B3: 1.99mg (9.94%), Iron: 1.68mg (9.31%), Zinc: 1.12mg (7.49%), Vitamin B6: 0.11mg (5.49%), Fiber: 1.26g (5.06%), Magnesium: 19.95mg (4.99%), Vitamin A: 241.27IU (4.83%), Copper: 0.08mg (4.08%), Potassium: 126.64mg (3.62%), Vitamin E: 0.42mg (2.83%), Vitamin B5: 0.14mg (1.38%)