



## Vietnamese Bistro Burger

READY IN



45 min.

SERVINGS



6

CALORIES



934 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon five-spice powder chinese
- 1.5 cups carrots julienned
- 18 cilantro sprigs fresh
- 1.5 cups daikon julienned
- 0.5 cucumber english peeled thinly sliced
- 2 tablespoons vietnamese fish sauce (nuoc nam)
- 6 cloves garlic minced
- 1 tablespoon ginger minced
- 2 pounds ground pork

- 2 jalapeño chiles diced seeded
- 2 jalapeño chiles thinly sliced
- 1 lime zest juiced
- 6 tablespoons liver pate
- 6 tablespoons mayonnaise
- 6 tablespoons butter salted softened
- 6 sesame-seed kaiser rolls split
- 2 tablespoons soya sauce
- 0.8 cup sugar
- 2 tablespoons sugar
- 2 tablespoons vegetable oil for brushing the grill rack
- 0.8 cup distilled vinegar white

## Equipment

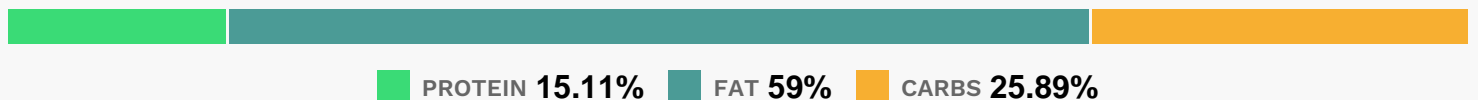
- bowl
- grill
- stove
- grill pan
- chopsticks

## Directions

- Watch how to make this recipe.
- To make the Pickled Daikon and Carrot, combine the daikon, carrot, vinegar, and sugar in a bowl, tossing well to coat. Set aside to marinate.
- Prepare a medium-hot fire in a charcoal grill with a cover, or preheat a gas grill to medium-high. If a grill is unavailable, simply heat a grill pan over medium-high heat on your stovetop.
- To make the Patties, combine the pork, garlic, diced chiles, ginger, fish sauce, soy sauce, five-spice powder, sugar, and lime zest and juice in a bowl, mixing well to incorporate. Divide the mixture into 6 portions and form into round patties.
- Brush the grill rack with vegetable oil.

- Place the patties on the rack and grill for 6 to 7 minutes per side, until cooked through. Turn the patties 90 degrees halfway through cooking on each side, to attain grill marks.
- Spread the cut side of each bun half with 1/2 tablespoon butter and grill until golden brown, 1 to 2 minutes.
- Spread 1 tablespoon of the mayonnaise on the cut side of each bun bottom and 1 tablespoon of the pate on the cut side of each bun top.
- Place the cucumber and chile slices on the bun bottoms and top with burger patties.
- Drain the carrot and daikon pickles and pile a generous amount atop each patty.
- Add the cilantro sprigs and the pate-smearred bun tops. Enjoy!
- Cook's note: These burgers can also be served on baguettes, if preferred, in which case, the patties should be formed into oblong shapes. Hamburger buns are a bit softer and easier to manage, which is why I've chosen them for this recipe. If available, buy a peppercorn pate, which adds a great hint of black pepper to the burger. For serving, burgers can be halved and skewered for a beautiful presentation and manageability. They go well with sweet potato french fries or taro chips!
- A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

## Nutrition Facts



### Properties

Glycemic Index:104, Glycemic Load:35.04, Inflammation Score:-10, Nutrition Score:42.773912849634%

### Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

### Nutrients (% of daily need)

Calories: 933.79kcal (46.69%), Fat: 61.13g (94.04%), Saturated Fat: 22.02g (137.61%), Carbohydrates: 60.35g (20.12%), Net Carbohydrates: 57.05g (20.75%), Sugar: 35.79g (39.77%), Cholesterol: 185.51mg (61.84%), Sodium:

1323.61mg (57.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.21g (70.43%), Vitamin A: 8756.51IU (175.13%), Vitamin B12: 9.98µg (166.36%), Vitamin B1: 1.43mg (95.13%), Copper: 1.68mg (83.99%), Selenium: 56.95µg (81.36%), Vitamin K: 63.49µg (60.47%), Vitamin B2: 0.97mg (57.21%), Vitamin B3: 11.34mg (56.68%), Vitamin B6: 0.97mg (48.52%), Phosphorus: 421.85mg (42.18%), Vitamin C: 27.98mg (33.91%), Zinc: 4.63mg (30.88%), Folate: 119.07µg (29.77%), Manganese: 0.55mg (27.56%), Iron: 4.73mg (26.26%), Potassium: 873.91mg (24.97%), Vitamin B5: 2.45mg (24.49%), Magnesium: 73.4mg (18.35%), Calcium: 137.94mg (13.79%), Vitamin E: 2.06mg (13.72%), Fiber: 3.3g (13.19%), Vitamin D: 0.21µg (1.37%)