



Spicy Sichuan Burger

SERVES 4

KNOW AHEAD:

You will need a charcoal or gas grill. Alternatively, use a cast iron grill pan or stainless steel saute pan.

INGREDIENTS →

1 Spicy Sichuan Burger Recipe

Seasoning Card:

- 1 tsp (2 pods) Sichuan Pepper
- 1 tsp (2 pods) Prik Kee Noo Chile
- ½ tsp (1 pod) California Onion Powder
- ½ tsp (1 pod) Fennel Powder
- ½ tsp (1 pod) California Garlic Powder
- ½ tsp (1 pod) Cumin Powder

FRESH

- 1 lb ground beef*
- ½ cup of farmer cheese (optional)
- 1 small red onion, thinly sliced (optional)
- 1 cup cilantro leaves and stems, chopped (optional)

PANTRY

- 1 tsp cane sugar
- 3 tsp kosher salt
- Preferred cooking oil for lightly coating the burgers (gas grill or pan cooking only)
- 4 burger buns

SUBSTITUTIONS →

*** GROUND BEEF:** Impossible Burger Ground or Beyond Meat to make it vegetarian (reduce salt to 1 tsp), or ground lamb, chicken or turkey. Note, because chicken and turkey are much leaner than beef or lamb, we recommend adding 4 teaspoons of plain panko bread crumbs per pound to prevent the patty from crumbling during cooking. We like panko because it's flavorless, and as it absorbs excess liquid, its texture becomes undetectable.

SERVE WITH →

Farmer cheese, sliced red onion and cilantro

INSTRUCTIONS

1. MIX THE SPICE AND PROTEIN: Mix all spices, sugar and salt, and combine with ground protein until evenly incorporated. Do not over mix as this will result in an overly dense burger.

2. PREP THE PATTIES: Divide and mold the mixture into four even patties. Cover and let sit in the fridge for 30 minutes to allow the flavors to meld.

3. GRILL THE BURGERS: Charcoal grill: Heat the coals enough to allow for all sides of the coals to turn into embers. Place the burger patties directly onto the grill and cook for 2 minutes on each side, or until desired temperature.

Gas grill or pan: Lightly coat the burgers with preferred cooking oil. Heat to medium-high, and cook the burgers for 2 minutes on each side or until desired temperature.

4. PLATE: Let the burgers rest for 5 minutes, as they will keep cooking from internal heat. If desired, evenly spread farmer cheese on all four burgers and serve with sliced red onion and cilantro. Assemble the burgers on the buns and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*