

Burger *au Poivre*

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 Burger au Poivre Recipe

Seasoning Card:

- 1 tsp (2 pods) Green Pepper
- 1 tsp (2 pods) Pink Pepper
- 1 tsp (2 pods) White Pepper
- 1 tsp (2 pods) Tellicherry Black Pepper

FRESH

- 1 lb ground beef*
- 1 medium yellow onion, thinly sliced (optional)
- 4 slices Gruyere cheese (optional)

PANTRY

- 3 tsp kosher salt
- 3 Tbsp unsalted butter (optional, for the onion)
- 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.

INSTRUCTIONS

1. MIX THE SPICE AND PROTEIN: Mix all spices 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. CARAMELIZE THE ONIONS (OPTIONAL): In a wide, heavy saute pan, add butter to medium heat. Once the butter has melted, add sliced onions, stirring occasionally. Let the onions cook for 20-30 minutes, until rich brown in color and tender. If onions start to stick to the pan, add a splash of water to deglaze.

4. 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. If desired, add the Gruyère cheese on top of each patty once you flip to the second side.

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. Add the Gruyère cheese on top of each patty once you flip to the second side.

5. PLATE: Let the burgers rest for 5 minutes, as they will keep cooking from internal heat. Assemble the burgers on the buns, add caramelized onions if desired, 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!*