

Lebanese Kafta 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 Lebanese Kafta Burger Recipe

Seasoning Card:

- 1 tsp (2 pods) Tellicherry Black Pepper
- ½ tsp (1 pod) White Pepper
- ½ tsp (1 pod) Cumin Powder
- ½ tsp (1 pod) Allspice Powder
- ½ tsp (1 pod) Clove Powder
- ½ tsp (1 pod) Saigon Cinnamon
- ½ tsp (1 pod) Coriander Powder

FRESH

- 1 lb ground lamb*
- 1 Persian or mini cucumber, sliced (optional)
- 1 medium beefsteak tomato, sliced (optional)
- ½ cup Chevre goat cheese (optional)

PANTRY

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

SUBSTITUTIONS →

*** GROUND LAMB:** Ground lamb is highly recommended if able to source. Otherwise, ground beef, vegetarian Impossible/ Beyond Meat (reduce salt to 1 tsp), chicken or turkey work as well. Note, because chicken and turkey are much leaner than lamb or beef, 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 →

Chevre goat cheese, fresh sliced cucumber and tomato

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. 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 the Chevre goat cheese on all four burgers, and add sliced cucumber and tomato. 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!*