

# Garlic & Herb Butter 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 Garlic & Herb Butter Burger Recipe  
Seasoning Card:

- 1 tsp (2 pods) Lemon-Garlic Powder
- 1 tsp (2 pods) Parsley
- 1 tsp (2 pods) Tarragon
- 1 tsp (2 pods) Chives

### FRESH

- 1 lb ground beef\*
- 4 Tbsp unsalted butter, softened
- 4 slices of Monterey Jack cheese (optional)
- 1 cup of arugula (optional)
- 1 medium beefsteak tomato, thinly sliced (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 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 → Monterey Jack cheese, arugula and tomato

## INSTRUCTIONS

**1. MIX THE SPICES AND HERBS:** Mix all the spices and herbs, and fold into the softened butter until evenly incorporated. To make four ¼ pound patties, mold the butter mix into four even discs, about 2” in diameter, and chill in the freezer for 30 minutes.

**2. PREP THE BURGERS:** Once the garlic & herb butter is slightly frozen, mix salt with protein until evenly incorporated. Then, divide the protein into 8 even balls & flatten into patties. Place a butter disc on 4 of the patties, then add the remaining patties on top of the discs. Flatten the combined burgers to your desired width, e.g. ½ inch. Make sure to keep these burgers as cold as possible until you’re ready to cook them.

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

**4. PLATE:** Let the burgers rest for 5 minutes, as they will keep cooking from internal heat. If desired, serve the burgers with fresh arugula and sliced beefsteak 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!*