

ground beef

Beef Burgers with Bacon, Thyme and Wine Sherry Sauce on a Spinach Bed

My own creation.



BURGERS:

4 slices bacon, smoky, very finely minced
2 pounds lean ground beef
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 large eggs
2 tablespoons grapeseed oil, or light olive oil
4 tablespoons all-purpose flour

WINE SAUCE:

2/3 cup vermouth
2 teaspoons sherry vinegar
2 tablespoons unsalted butter
3 tablespoons feta cheese, crumbled

SPINACH:

1 tablespoon grapeseed oil, or light olive oil
1 small red onion, minced
16 ounces baby spinach
1/4 cup water

freshly grated nutmeg to taste

2 tablespoons heavy cream
2 teaspoons unsalted butter
2 tablespoons feta cheese, crumbled

GARNISH:

2 tablespoons Feta cheese, crumbled

Serving Ideas: This can be a complete entree, but you might want a carb to go along with it. A small serving of mashed potatoes would be idea, or heated bread.

Per Serving (excluding unknown items): 549 Calories; 34g Fat (57.8% calories from fat); 42g Protein; 12g Carbohydrate; 2g Dietary Fiber; 203mg Cholesterol; 719mg Sodium; 3g Total Sugars; 1mcg Vitamin D; 200mg Calcium; 7mg Iron; 692mg Potassium; 452mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

This is SO worthy of a company dinner - but the cooking must be done at the last minute. The sauce is rich and very tasty. If you like more sauce, increase the quantity of wine and sherry vinegar. It's quite stringent at that point, but once you add butter to it in whatever quantity, it smooths it out.

NOTE: If desired you can grill the burgers on an outdoor barbecue - just use an instant read thermometer so you remove them at the right point - about 135-140°F for medium. These will not be as tasty if you cook them "well done."

1. In a large skillet, gently fry the bacon until they are nearly crispy, but not quite. Remove to a paper towel to drain.
2. In a medium sized bowl combine the ground beef, bacon salt, pepper and eggs. Mix by hand, making sure the egg has been mixed in thoroughly. Gently form the meat into 6 patties about 1/2 inch thick. Set them on a piece of waxed paper on a flat plate, cover with another piece of waxed paper and chill until ready to cook, up to 4 hours.
3. Heat a nonstick frying pan (use two if needed) to medium high and add grapeseed oil or light olive oil.
3. Dredge the meat patties in flour or use your hands to gently pat a light coating of flour on both sides. Add meat to hot pan and sear at fairly high heat until a crust forms on the one side, about 1 1/2 - 2 minutes. Turn over, reduce heat to medium and saute the patties on the second side until a crust forms, another 2 minutes. Cook meat for another 1-2 minutes, turn back over on first side for one more minute and remove to a heated plate.
4. SPINACH: While burgers are cooking, In a large frying pan heat the grapeseed oil until shimmering. Add the minced onion, reduce heat and cook for about 5-10 minutes, until the onion is soft but not brown. Add the spinach and water and stir while the spinach wilts. Add nutmeg, salt and pepper. Add cream and butter and heat through. Spinach should be completely wilted but don't cook any further than necessary. Add feta cheese and stir just to combine. Keep warm over very low heat until ready to serve.
5. WINE SAUCE: Meanwhile, in the burger pan, pour out all the oil, but don't clean the pan. Add the wine. The pan should be hot enough that the wine will bubble and reduce down to about 3-4 tablespoons, and will become slightly syrupy. Add the sherry vinegar, cook for about one minute. Turn off heat, then add butter, about 2 teaspoons of it at a time. Swirl with a spatula until butter melts, then add more until all the butter is added and melted. The sauce should be smooth and will glisten.
6. Divide the spinach among the six plates, place burger on top, then spoon sauce evenly over them and sprinkle with the crumbled feta cheese. Serve immediately.
7. If you would like a more "rounded" plate of food, prepare steamed cauliflower, then whiz up in the food processor with some butter, cheese, salt and pepper and place a small mound of that on the plate and nestle the burger on top of both mounds (cauliflower and spinach) then drizzle the sauce on top and sprinkle with Feta.