

ground beef

# French Hamburgers

Julia Child's "Mastering the Art of French Cooking"



## BEEF PATTIES:

- 3/4 cup onion, minced
- 2 tablespoons butter, to saute the onions
- 1 1/2 pounds lean ground beef
- 2 tablespoons butter, softened, to add to the raw meat
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 1/4 teaspoon thyme
- 1 whole egg
- 1 tablespoon butter, for frying
- 1 tablespoon vegetable oil, for frying

## DREDGING:

- 1/2 cup flour

## SAUCE:

- 1/2 cup red wine, or sherry or port
- 2 tablespoons butter

*Serving Ideas: Serve with a noodle dish and a brightly colored vegetable.*

*Suggested Wine: Hearty red*

*Per Serving (excluding unknown items): 558 Calories; 33g Fat (56.7% calories from fat); 40g Protein; 17g Carbohydrate; 1g Dietary Fiber; 205mg Cholesterol; 1160mg Sodium; 2g Total Sugars; trace Vitamin D; 44mg Calcium; 5mg Iron; 733mg Potassium; 404mg Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 4

*Originally this dish was called "Bifteck Hache a la Lyonnaise" but we always called them French Hamburgers. It's a Julia Child recipe from way-back, when we didn't care (or know) much about watching fat. But, it's a wonderful company meal. I've altered the original a little by reducing some of the butter. When making these I usually buy extra beef and make additional patties to freeze.*

1. Cook minced onion slowly for 10 minutes in butter, until tender, but not brown. Pour into a mixing bowl and allow to cool completely. Add the ground beef, additional butter, and seasonings to the onions and mix just until combined. Form into patties, 3/4 inch thick. Cover with wax paper and chill several hours. If you don't want the burgers to "dome" in the middle, press an indentation in the center of each burger.
2. Just before sauteeing the patties, roll them in the flour. In a large, heavy frying pan, melt butter and oil, bring to a moderately high temperature and add patties. Sear them until they're brown on both sides, then reduce heat until they're done to your liking - medium rare is about 130°F. This usually takes longer than I think - about 110-15 minutes.
3. Remove patties to a heated oven. Pour fat out of the pan and add sherry (or other wine), scraping up the pan juices, until it's reduced to a thick syrup. Take off the heat and add the butter and stir until it's melted and serve in a small pitcher to pour over the patties. I often use a knife or a fork to poke holes in the top of the patties (after they're cooked) so the wine sauce will seep down into the meat.
4. Note: the original recipe calls for red wine, white wine, vermouth or beef stock for the sauce. You can use either red wine, sherry or light port. My preference is sherry.