

Steakhouse Mushroom Burgers

Adapted from Pink Parsley Blog, and she got it from the magazine, Cuisine Tonight: Grilling, 2011

<http://www.pink-parsley.com/2011/05/steakhouse-mushroom-burgers-with.html>



Definitely "adult" burgers, but if your children like spinach, go for it!

4 ounces mushrooms, sliced and chopped
3 tablespoons olive oil, divided
2 cloves garlic, minced
1 pound ground sirloin
1 tablespoon low-sodium soy sauce
2 teaspoons minced fresh thyme
2 teaspoons minced fresh parsley
1 tablespoon Dijon mustard
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
4 slices bread, buttered Texas Toast type

CREAMED SPINACH SAUCE: (2 cups)
3 tablespoons unsalted butter
3 ounces mushrooms, sliced
1/4 cup minced onion
2 tablespoons all-purpose flour
1/2 cup half and half, plus more as needed (about another 1/2 cup)
1/2 cup low-sodium chicken broth
kosher salt and black pepper
1 pinch cayenne
2 pinches nutmeg
4 cups chopped fresh spinach
2 tablespoons Parmigiano-Reggiano cheese, grated (added to sauce)
1 1/2 tablespoons fresh lemon juice
2 tablespoons unsalted butter (my addition)
1 tablespoon Parmigiano-Reggiano cheese, grated for garnish

Servings: 4

1. Preheat the grill to medium-high.
2. In a medium saute pan, saute the mushrooms in 1 tablespoon of olive oil over medium-high heat. Cook until the mushrooms begin to brown, 3-4 minutes. Stir in garlic and cook until fragrant, about 1 minute. Season with salt and pepper and remove from heat.
3. In a large bowl, combine the sirloin with 1 tablespoon oil, soy sauce, salt, pepper, mustard, herbs, and mushroom mixture. Gently mix to combine using a fork or your hands. Divide the mixture into 4 equal portions, shaping each portion into a patty.
4. Scrape the grate clean and brush with the remaining tablespoon of oil. Grill the burgers until cooked through, 3-4 minutes per side. Remove the burgers from the grill and cover to keep warm. Grill the bread 1-2 minutes per side, until lightly browned.
5. To make the spinach sauce, melt the butter in a medium saucepan over medium-low heat. Add the onion and mushrooms and cook until onions are translucent, 3-4 minutes. Stir the flour into the onions and cook 1 minute.
6. Whisk in the half-and-half, broth, salt, cayenne, and nutmeg. Bring sauce to a simmer, then reduce heat and simmer for 2 minutes, until it begins to thicken. Add the additional butter and stir until melted.
7. Add the spinach, stirring until wilted. Mix in the Parmesan and lemon juice, and add more half-and-half if the sauce has thickened too much. Season to taste with salt and pepper.
8. Top each slice of bread with a burger, spinach sauce, and garnish with Parmesan. Serve immediately.

Per Serving (excluding unknown items): 656 Calories; 50g Fat (67.9% calories from fat); 30g Protein; 23g Carbohydrate; 3g Dietary Fiber; 131mg Cholesterol; 757mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 8 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>