



#MakeItGAP

RECIPES

WHISKEY GLAZED BLEU CHEESE BURGERS

SERVES: 4

INGREDIENTS:

BURGERS:

2 lbs ground beef
3/4 tsp dried minced onion
Salt and pepper, to taste
4 Tbsp crumbled blue cheese
4 pretzel buns, toasted
Handful of arugula
4 slices of sharp or white cheddar cheese

WHISKEY GLAZE:

1/4 cup good quality whiskey
1/4 cup ketchup
2 Tbsp low sodium soy sauce
2 Tbsp honey
1 tsp dijon mustard
1 tsp Worcestershire sauce
1/4 tsp garlic powder
dash of hot sauce
black pepper, to taste

GUINNESS CARAMELIZED ONIONS:

2 yellow onions peeled and sliced thinly
1 1/2 Tbsp butter
1 cup Guinness beer
1/4 tsp dried thyme
salt and pepper to taste

PREPARATION:

MAKE THE ONIONS:

Heat butter in a large skillet over medium heat. Add sliced onions and stir to coat in melted butter. Sprinkle in salt, pepper, and thyme and stir to combine. Saute, stirring occasionally, for about 7-10 minutes, until onions are soft and golden brown at the edges.

Pour in half the Guinness, cover, and cook until liquid is about 3/4 of the way evaporated. Repeat with remaining Guinness. This time, cook until liquid is nearly all evaporated. Remove onions from pan and set aside.

Recipe adapted from thechunkychef.com

MAKE THE GLAZE:

To a small saucepan, add whiskey and bring to a low boil. Continue to boil for about 2 minutes, then add remaining glaze ingredients and whisk to combine. Reduce heat to low and simmer for 5-7 minutes, until glaze is slightly thickened. Remove from heat and set aside.

MAKE THE BURGERS:

To a large mixing bowl, add ground beef, salt, pepper, and dried minced onion. Use your hands to mix it all together. Separate the meat mixture into 4 equal portions.

Shape meat into flattened balls, place about 1 Tbsp blue cheese crumbles in the center of the ball and push into the ball. Mold the meat around the cheese and form into a patty.

Heat a large cast iron skillet or grill pan over MED heat. Drizzle a bit of olive oil in the pan. Cook burgers about 6 minutes per side, or until desired doneness. The last minute of cooking, brush burgers with prepared whiskey glaze and place a slice of cheese on the burgers, then cover pan loosely with foil.

Remove burgers to a plate and cover with foil for 3 minutes.

TO SERVE:

Line bottom bun with arugula lettuce, then top with burger. Place a generous helping of caramelized onions on top of the burger, then drizzle with additional glaze. Top with top bun and enjoy!