

# Juicy Lucy Burgers

*with Frizzled Onion & Romaine-Walnut Salad*

A Midwestern favorite, the Juicy Lucy is a cheeseburger with a twist: the cheese is sealed inside the patty. Here, we're tightly sealing our patties around sharp cheddar, locking in the cheese to ensure a perfectly "juicy" interior. We're topping the burgers with a savory aioli and frizzled onion (or onion coated in flour and pan-fried, for satisfyingly crispy texture). Quick tip: it's best to let the burgers cool down a bit before taking a bite, as the cheese inside gets very hot! Enjoy, chefs!



## Ingredients

10 Ounces Ground Beef  
2 Sesame Seed Buns  
3 Cloves Garlic  
1 Romaine Heart  
1 Carrot  
1 Yellow Onion

### Knick Knacks

2 Tablespoons All-Purpose Flour  
2 Tablespoons Mayonnaise  
1½ Ounces Cheddar Cheese  
1 Shallot  
1 Tablespoon Red Wine Vinegar  
¼ Cup Walnuts

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min





1



## Prepare the ingredients & make the aioli:

Wash and dry the fresh produce. Thinly slice the cheese. Peel, halve and thinly slice the onion. Halve the buns. Cut off and discard the root end of the lettuce; roughly chop the leaves. Using a peeler, peel the carrot and shave into ribbons. Roughly chop the walnuts. Peel and mince the shallot; place in a bowl with the **vinegar**. Peel and mince the garlic; smash with the side of your knife until it resembles a paste (or use a zester). In a bowl, combine the **mayonnaise** and **half the garlic paste**; season with salt and pepper to taste.

2



## Form the burgers:

In a medium bowl, combine the **ground beef** and **remaining garlic paste**; season with salt and pepper. Gently mix until just combined. Using your hands, divide the mixture into 4 equal-sized balls; flatten into 4-inch-wide rounds. Divide the **cheese** between the centers of 2 of the rounds; top each with a remaining round. Tightly pinch the edges to completely seal the meat around the cheese; cup the sides and gently squeeze to shape into ½-inch-thick burgers. Transfer to a plate and refrigerate for at least 5 minutes to set.

3



## Frizzle the onion:

While the burgers set, in a medium bowl, combine the **onion** and **flour**; toss to thoroughly coat. In a medium pan (nonstick, if you have one), heat a thin layer of oil on medium until hot. Add the coated onion (tapping off any excess flour) in a single layer. Cook, stirring occasionally, 3 to 5 minutes, or until golden brown and crispy. (If necessary, work in batches.) Transfer to a paper towel-lined sheet pan or plate; immediately season with salt. Carefully discard the oil and wipe out the pan.

4



## Cook the burgers:

Remove the **burgers** from the refrigerator; season with salt and pepper. In the pan used to frizzle the onion, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned burgers and cook 2 to 4 minutes per side, or until browned and cooked to your desired degree of doneness. Carefully transfer to a plate, leaving any browned bits (or fond) in the pan. Let the cooked burgers rest for at least 3 minutes.

5



## Toast the buns & finish the burgers:

Heat the pan of reserved fond on medium until hot. Add the **buns**, cut sides down. Toast 1 to 2 minutes, or until browned and crispy. Transfer to a clean, dry work surface. Spread the cut sides of the toasted buns with the **aioli**. Top each bun bottom with some of the **lettuce**, a **cooked burger**, half the **frizzled onion** and a bun top.

6



## Make the salad & plate your dish:

To make the vinaigrette, season the **shallot-vinegar mixture** with salt and pepper to taste; slowly whisk in **2 tablespoons of olive oil** until well combined. In a large bowl, combine the **carrot**, **walnuts** and **remaining lettuce**. Add enough of the **vinaigrette** to coat the salad (you will have extra vinaigrette); toss to mix. Divide the **finished burgers** and **salad** between 2 plates. Enjoy!