

Sandwiches

French Onion Dip Burgers

Rachael Ray - "The Book of Burgers"
Palm Beach Post

Servings: 6

The sauce makes about 2 1/4 cups. Use any extra as a dip.

3 tablespoons butter
4 medium onions, thinly sliced
1 fresh bay leaf
1/2 to 3/4 teaspoon sea salt
freshly ground pepper
1/2 teaspoon ground thyme
1 cup beef consomme
1 1/2 cups sour cream
2 pounds ground beef chuck
1/4 cup Worcestershire sauce
3 to 4 tablespoons grated onion
1 handful flat-leaf parsley, finely chopped
extra-virgin olive oil
6 brioche rolls, split
36 good-quality ridged or thick-cut potato chips, preferably cooked in olive oil
sliced sweet pickles

Heat the butter in a skillet over medium heat. Add the sliced onions and bay leaf. Season with 1/4 teaspoon to 1/2 teaspoon of sea salt, pepper to taste and the thyme. Cook, stirring occasionally, until deep caramel in color and very soft, 35 minutes.

Deglaze the pan with the beef consomme. Cook until the liquid is almost absorbed. Let cool. Discard the bay leaf.

Stir the onions and sour cream together in a small bowl. Adjust the seasoning.

Heat a griddle or cast iron skillet over medium-high heat.

In a large bowl, combine the beef, Worcestershire sauce, grated onion (grate it right over the bowl so the juices fall into the meat) and parsley. Season with salt and pepper. Mix well.

Score the mixture into six equal portions. Form into patties, slightly thinner at the center than at the edges for even cooking. Drizzle with the olive oil.

Cook the burgers, flipping once, for 10 minutes for medium doneness.

Serve on the roll bottoms. Top with a few layers of onion dip, potato chips, a couple of pickles each and the roll tops.

Per Serving (excluding unknown items): 241 Calories; 18g Fat (65.5% calories from fat); 5g Protein; 16g Carbohydrate; 2g Dietary Fiber; 41mg Cholesterol; 561mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.