
Fried Onion Burger

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Start to Finish Time: 25 minutes

1 1/2 pounds ground beef

Kosher salt

freshly ground black pepper

1 tablespoon vegetable oil, plus more as needed

2 onions, very thinly sliced (preferably on a mandoline)

8 slices american cheese

4 hamburger buns

ketchup, mustard and/or pickle slices (for topping)

Preheat the oven to 250 degrees.

In a large bowl, mix the beef with one teaspoon of salt and one teaspoon of pepper. Form into eight balls.

In a large skillet over medium-high heat, heat the vegetable oil. Add two of the beef balls and slightly flatten with a metal spatula. Place a handful of the sliced onions on each patty (you will use about one-quarter of the onions for two patties - it will seem like a lot!). Flatten the beef into 1/4-inch-thick patties, pressing the onions into each burger. Cook until browned on the bottom, about 3 minutes. Carefully flip the burgers along with the onions. Cook until the onions are browned and tender, about 2 more minutes.

Flip the burgers again, along with the onions, and top each with a slice of cheese. Cover and continue cooking until the cheese melts, 30 seconds to 1 minute. Transfer to a baking sheet and keep warm in the oven until serving.

Repeat with the remaining beef and onions to make eight burgers total, adding more vegetable oil to the skillet if needed.

Serve two burgers on each bun with ketchup, mustard and/or pickles.

Yield: 4 burgers

Sandwiches

Per Serving (excluding unknown items): 6081 Calories; 472g Fat (70.2% calories from fat); 330g Protein; 120g Carbohydrate; 9g Dietary Fiber; 1432mg Cholesterol; 14360mg Sodium. Exchanges: 5 1/2 Grain(Starch); 44 1/2 Lean Meat; 3 1/2 Vegetable; 68 Fat.