

MARKET “An American Restaurant”
presents
The MARKET Burger
½# Meyer Natural Angus Beef, Fiscalini Cheddar and Caramelized
Onions
paired with Ghost Block 2004 Cabernet Sauvignon

Ingredients:

1	each	sweet red onion
2	tblspn	extra virgin olive oil
2	lbs	Meyer Natural Angus Beef (70/30 meat-to-fat ratio)
		Salt and black pepper, ground
4	slices	Fiscalini Cheddar, a sharp cheddar farmstead cheese
4	each	‘Pain-de-Mie’ Rolls from the Model Bakery, or other soft Bakery roll
1	tblspn	butter, unsalted
1	head	butter lettuce

Preparation:

The reason this burger is so delicious and has so many fans is, quite simply, the quality of the ingredients. We get the best beef, with the fat content we need, the best cheddar, and the best bun (made next door at The Model Bakery).

Step one is to ask your favorite butcher for Meyer Natural Angus Ground Beef Chuck in a 70/30 meat-to-fat ratio, instead of the more typical 80/20 ratio. The higher fat content insures that this burger will be juicy and rich in flavor.

Slice the sweet red onion into thin wheels and separate into individual rings. Add to a hot sauté pan with the extra virgin olive oil and, stirring constantly, sauté over high heat until browned. Then reduce to medium heat, and continuing to stir constantly, cooking the onions until they are a rich dark brown and have fully caramelized. Set aside and allow to cool to room temperature.

Divide the 2 pounds of ground, Angus certified, Meyer’s Farm “natural” beef into four ½ -pound patties and lightly season with salt and pepper. Using a griddle, or a large shallow skillet, sear the patties on each side for 2-3 minutes over high heat, then reduce the heat to medium. Place a slice of the Fiscalini Cheddar on each pattie, and cook to your preferred level of “doneness”.

Serve each burger on a lightly toasted and buttered ‘Pain de Mie’ bun. Top each pattie with a generous tablespoon of the caramelized onions. Place each finished Burger on a plate with several crisp leaves of the butter lettuce and serve with fries. (When serving this burger with the Jayson Red, we recommend that you avoid serving pickles, because the vinegar in the pickles may “hurt” the wine.)