

## GRILLED JALAPENO BURGERS

Serves 4

Time: 20 minutes

*Plan Ahead: Make Homemade Hamburger Buns page 253 or Food Nanny French Baguettes or store bought Potato Buns.*

1 pound ground beef, 80/15,  
ground chuck or Skirt steak.\*

Coarse Salt

Fresh ground black pepper

1 teaspoon olive oil

1 teaspoon unsalted butter

3 jalapenos, sliced lengthwise

1 yellow onion, sliced thin

4 slices bacon, cooked

4 hamburger buns

Jalapeno cream cheese, room  
temperature

*\*Whether you get the meat from a butcher, grind it yourself, or finely chop it in a food processor - to get deliciously juicy results you need to use meat with some fat in it such as ground chuck or skirt steak. Do not over handle the meat. You don't want to make a dense hamburger. You want to delicately form a patty that looks like it might not stay together. You can broil by putting the meat about 7 to 10 inches under the broiler element on a baking sheet. Follow the same instructions as for the Grill. If the meat is thicker lower the rack to the middle position.*

1. Form the hamburger patties 1 inch thick and about ½ inch bigger than the bun you are using. Don't over-handle the meat. (Remember, packing the meat together too tight will not allow the meat juices to flow.) Salt and pepper the hamburger on both sides and set aside.
2. In an 8-inch skillet melt butter and add olive oil. Add jalapenos and onions and sauté over low heat until soft about 10 min. Set aside.
3. Lightly butter the buns on both sides. Oil the BBQ grate. Fold a paper towel into a pad, add oil, and use long handled tongs to rub it over the grate.
4. Turn the heat up to high and BBQ the burgers for 5 to 6 min. on each side or until the internal temperature reaches 160°. While cooking, do not press on the burger with a spatula. Just flip it. Let rest for a minute before placing on the grilled bun.
5. Place the buns on top of the grill until just toasted. Spread the bottom bun generously with jalapeno cream cheese. Place the burger on top; add the bacon and grilled jalapenos and onions, distributed equally over 4 burgers.

**Serve with:** Baked Beans with Bacon and Pineapple page 226 or Potato Chips; Fresh Raw Veggies.

**Variations:** Mushroom Swiss - do the same thing only melt a piece of Swiss cheese on top of the burger just before it is finished cooking. Sauté sliced white mushrooms, onions and pineapple tidbits together until soft. Distribute evenly over top the burgers. Spread on the mayonnaise and top with a tomato slice and lettuce.

*The Jalapeno Burger  
is my new favorite!*

SATURDAY  
GRILL NIGHT

