

BLEU CHEESE BURGER

Let's see... this one was from May of 2017. As with the Surf and Turf Burger, I consider this one a work in progress; it has great potential, but is not quite there yet. This was inspired by one of the food shows I watch. I don't remember which one, but they had a cheeseburger with cheese in the middle. In retrospect, I think the cheeseburger in question was the "Juicy Lucy"

Also as with the Surf and Turf Burger, this could use a few tweaks. Once again it is really about the cooking method / time. Generally, I like burgers on the rare side and I think the 1 minute, 30 seconds per side in a hot cast iron pan was a bit too long. On the other hand, the outer char was REALLY nice! This is also a great candidate for a low and slow smoking (which I have done, but need to track down my notes) followed by a high temperature sear.

INGREDIENTS

Qty.	Unit	Item
~1.3	Lb	80 / 20 Ground Beef
1	1.4 oz. Pack	Knorr's French Onion Soup Mix
1	4 oz. container	Crumbled Blue Cheese
1	-----	Beefsteak Tomato
1	-----	Vidalia Onion
AR	-----	Roll of Choice
AR	-----	Sliced Cheese of Choice
AR	-----	Ketchup

I know I say beefsteak tomato here, but I am wondering if roma's might be a better choice

I generally like potato rolls or kaiser rolls, depending on the burger, but the brioche rolls I used for this were quite tasty!

I almost did not put the sliced cheese on the burger. But then I thought, "CHEESE IS GOOD!" I don't recall what type I used at the time, but I think provolone is a good fit.

SPECIAL TOOLS

- 4 ½ burger press [i]
- Pre-cut wax paper squares [ii]

PREPARATION

- 1) Slice the tomatoes and put in fridge until needed
- 2) Slice the onions and put in fridge until needed
- 3) Hand mix the ground beef and Knorr's French Onion Soup Mix in a bowl
- 4) Divvy the ground beef into 2 oz. portions
- 5) Set your burger press for a thin patty with a 2 oz. portion of beef
- 6) For each ground beef portion
 - a. Place a wax paper square on the bottom of the burger press
 - b. Place a ground beef portion about 1/3 of the way between the center of the press and the hinge-side edge of the press
 - c. Place a second wax paper square on top of the burger portion
 - d. Press
 - e. Rotate 90 deg.
 - f. Press
 - g. Rotate 90 deg.
 - h. Press
 - i. Rotate 90 deg.
 - j. Press
- 7) For each burger
 - a. Remove the top wax paper square from one patty of beef
 - b. Place 1 TBSP of bleu cheese crumbles in the center of the patty
 - c. Place a second patty of beef on top
 - d. Lightly wet your hands and place the burger in one hand [iii]
 - e. Press /fold the edges together, rotating and occasionally lightly cupping between your hands and flipping, until the two patties become one
- 8) Place the burgers in fridge until needed
- 9) Heat a well-seasoned (but free of gunk!) cast iron pan over high, but not VERY HI, heat (about 5 - 10 minutes)
- 10) Fry burgers in the cast iron pan for about 1 minute, 30 seconds
- 11) Flip and cook for another 1 minute, 30 seconds
- 12) Place the burger patties on the roll of choice and top with a slice of cheese of choice.
- 13) If you are so inclined, put on some ketchup.
- 14) Place onion slice(s) on burger.
- 15) Place tomato slice(s) on burger.
- 16) ENJOY!!!

NOTES

- i. This is not 100% necessary, but sure makes making consistent patties easier. I did not have one of these my first go around with this burger
- ii. The pre-cut wax paper squares make things much easier
- iii. This makes the beef less likely to stick to your fingers

PICTURES











