

## SURF AND TURF BURGER(WIP)

---

This one is from October 2017, so not too terribly long ago. I consider this one a work in progress; it has great potential, but is not quite there yet. As with just about anything I write now, I don't remember what exactly precipitated it. Probably something on the Food Network. I can tell you that the crab cake recipe is Andrew Zimmern's "Baltimore-Style Crab Cakes" recipe from [www.foodandwine.com](http://www.foodandwine.com) (June 2012) which he said was "verbatim" his best friend's wife's mother's recipe.

Now, what needs to be improved? Really the cooking method / time. Generally, I like burgers on the rare side and I think 2 minutes, 15 seconds per side in a hot cast iron pan was a bit too long. On the other hand, the outer char was REALLY nice! The crab, however, was a little on the cool side. I'll need to think about this a bit. I think that this would be perfect 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
-----	-----	Ingredients for Andrew Zimmern's "Baltimore-Style Crab Cakes" recipe from <a href="http://www.foodandwine.com">www.foodandwine.com</a> (June 2012)
~1.3	Lb	80 / 20 Ground Beef
AR	-----	Bacon
1	-----	Beefsteak Tomato
AR	-----	Roll of Choice
AR	-----	Sliced Cheese of Choice

My bacon of choice for this these days is Kunzler Regular Cut closely followed by Hormel Black Label

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

Roll of choice??? I think Meier's Kaiser Roll's works pretty well here. I don't think Martin's Potato Rolls are as good a fit for this as they are for smash burgers

Sliced cheese of choice??? I think provolone is a good fit; you don't want it to overpower the "surf" part of the burger. I think Gouda would be my second choice and American my third (at least at this point in time)

### SPECIAL TOOLS

---

- 4 ½ burger press [i]
- Copper Crisper [iii]
- Pre-cut wax paper squares [iv]

## PREPARATION

---

- 1) Prepare crab cake mix as per Baltimore Style Crab Cakes Andrew Zimmern's "Baltimore-Style Crab Cakes" recipe from [www.foodandwine.com](http://www.foodandwine.com) (June 2012)
- 2) While the crab cakes mix is chillin', cook the bacon with your method of choice on the Copper Crisper. My method of choice is generally low-and-slow, but I did not have the time this go around, so I did them in the oven; 400 deg. F [no oven preheat!] until crispy [ii]
- 3) Slice the tomatoes and put in fridge until needed
- 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 crab cake mix 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 [v]
  - e. Press /fold the edges together, rotating and occasionally lightly cupping between your hands and flipping, until the two patties become one
- 8) Heat a well-seasoned (but free of gunk!) cast iron pan over high, but not VERY HI, heat.
- 9) Fry in the cast iron pan for about 2 minutes, 15 seconds
- 10) Flip and cook for another 2 minutes, 15 seconds
- 11) Remove the burger to a cooling rack in a sheet pan
- 12) Place bacon on top of the burger
- 13) Place cheese on top of the bacon
- 14) Cover the burgers with a heat dome and place in an oven set on "warm" with the door open
- 15) Place the burger patties on your roll of choice
- 16) Place tomato slice(s) on burger
- 17) 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. Low and slow is 200 deg. F for at least 2 hours upwards of 3 depending on how crispy you like it. The high and fast is 400 deg. F starting from a cold oven for about 17 minutes to 30 minutes, once again depending on how crispy you like it. The pictures show that I obviously let it go a little too long for this go around.
- iii. Are these really necessary? Well, no, but I bought a couple a while back and found them very useful for this type of stuff. A half sheet cooling rack in a half sheet pan should work just as well
- iv. The pre-cut wax paper squares make things much easier
- v. This makes the beef less likely to stick to your fingers

## PICTURES

---





















