

# SARAH'S MUSHROOMIEST BURGERS

By *Tim Slater*

*Servings: 6 | Time: 30 minutes prep, 60 minutes to chill*

*These burgers use half the meat of all-beef burgers but stay juicy even when overcooked, thanks to finely chopped cremini mushrooms and onions mixed into the meat. These are the mushroomiest of all mushroom burgers, and will go great with Syrah!*

## PREPARATION:

### ***Make the meat patties:***

If you are able, form the patties at least an hour in advance so they can chill down and hold a solid shape on the grill.

Clean the mushrooms and roughly cut into halves or quarters. In a food processor, chop mushrooms fine. Do this in 4 batches to avoid crowding. Pull out any large pieces and chop by hand. You want a finely chopped mass. Transfer to a bowl.

Chop onion in food processor into uniform small bits. Mix with the chopped mushrooms.

Heat a large pan over medium-high heat, add butter to melt, add the mushroom/onion, add soy sauce, and sauté the mixture until it gives up all of its water, about 10 minutes. Once all the water is gone and you see some browning of onions and mushroom, clear a hole in the middle of the mixture, add a teaspoon of oil, and add the minced garlic into the oil. Let garlic sizzle for one to two minutes, til aromatic; stir the garlic into the mushroom mixture and cook a few minutes longer with lots of stirring and flipping. Set pan aside to cool off then put the mushroom mix into the fridge to get cold, ten minutes.

Transfer mushroom to a large bowl and add the beef. Mix everything until well blended.

Form the meat into 6 patties, each about 4 inches wide, laying them on a cookie sheet covered with parchment or plastic wrap. Top with plastic wrap. Pat patties smooth and chill in fridge until it's time to eat.

### ***Cook the meat patties:***

Heat a grill\* to medium-high and oil the grates. Season the patties generously with salt and pepper and grill, 3 to 5 minutes on the first side. Don't move them until they caramelize a bit, if you try to turn them too soon they can break or fall apart. Gently flip burgers and grill to medium, 3 to 4 minutes longer.

During the last minute of cooking, lay the buns on the grill and top each burger with a slice of cheese, and close that lid! Transfer burgers and buns to a large platter. Call the troops and let everyone build their own burgers with buns, preferred toppings and condiments.

*\*The grill gives an awesome char and yumminess, but the burgers can also be cooked in a lightly greased nonstick skillet over medium-high heat until golden brown, about 4 minutes per side.*



## INGREDIENTS:

- Canola oil, for greasing the grates
- 1 pound cremini or white button mushrooms (Or 8 oz cremini/white plus 5 oz shitake mushrooms)\*
- 1 pound ground beef (preferably 80/20)
- 1 cup coarsely chopped onion (1 inch pieces)
- 4 clove of garlic, minced fine
- 3 tablespoons soy sauce
- 2 oz butter (or margarine or olive oil) for sautéing
- Kosher salt (such as Diamond Crystal) and pepper
- 6 slices Cheddar or Swiss cheese
- 6 hamburger buns
- Toppings (such as butter lettuce, sliced onion, tomato and dill pickles) and condiments (mayonnaise, ketchup or mustard), for serving

*\* Sometimes I use about 1/3 Shitake mushrooms instead of all cremini for a different mushroom taste.*

*Suggested Wine Pairing:  
Sarah's Vineyard Besson Vineyard Syrah*

SARAHVINEYARD.COM | 4005 HECKER PASS HIGHWAY, GILROY, CA, 95020

