



## **Bacon Avocado Burgers**

We got our monthly magazine for Food & Wine today and decided to try out their recipe for grilled burgers. We changed a few things but pretty much followed all their instructions. The final result was a juicy and amazing burger, which we all enjoyed. The one method we learned from them is to dunk the burger patty in ice water for 30 seconds. This helped keep the fat on the meat firm so that when we went to sear it the patty kept juicy and did not dry up. Another method we learned was to baste the burger with butter as it was grilling. We are certain this too contributed to the final result.

We followed their instructions for the homemade Russian dressing with the exception of the tarragon because I didn't have any. However, the sauce was very good so we did not really miss it. We also decided to add sliced avocado to our burgers. Here is what you are going to need for these burgers:

- 4 burger rolls
- 1 1/2 pound ground beef (Food and Wine recommended that we mix 50% ground chuck with 50% ground top sirloin. However, we used plain ground sirloin. It was for sale at Vons and we paid \$1.79 per pound of meat).
- Salt & Pepper
- 4 slices cheddar cheese
- 4 strips bacon, cooked crispy
- 4 slices tomato
- 4 lettuce leaves
- 8 rings red onion
- 2 pickle slices
- 1 avocado, sliced
- 1/2 cup mayonnaise
- 1/3 cup ketchup
- 1 tablespoon red wine vinegar
- 1 tablespoon finely chopped parsley
- 1 tablespoon grated onion
- 1 teaspoon Worcestershire sauce
- 2 tablespoons butter, melted

Turn on your grill and heat it for 20 minutes. You will be cooking your burgers by indirect method so keep half of your grill turned off. If you are using a charcoal grill you will be piling up the hot coals on one side of the grill once they are hot.

**FOR THE SAUCE:**

Mix the mayonnaise, ketchup, Worcestershire, vinegar, onion and parsley. Whisk well.

Season your beef with salt and pepper. Make 4 equal size patties. Place the patties into a bowl of ice water for 30 seconds. Remove them from the water. Get rid of any excess water and place them directly on to the flames on your grill and sear the patties on both sides. Place the patties on the unlit side and close the lid. Cook for 5 minutes, basting twice with the melted butter, and flip. Cook for another 5 minutes, again basting twice, and cover with the cheese. Cook until the cheese melts.

Smear the hamburger buns with the sauce. You can go ahead and place the bread directly on the grill and toast them. On the bottom slice place a lettuce leaf and top it with a slice of tomato. Add the burger. Top with bacon, onion rings and avocado. Cover with other half.