



Persian Mujadara Burgers

Wine Pairing: Sutter Home Cabernet Sauvignon

Burger Type: Beef

Bun Type: Flatbread

Christopher Caston

Jonesboro, Maine

INTRODUCTION:

I like to think of this patty as a poor man's Wagyu. It's brimming with buttery fat that explodes into a flame and chars quickly, so it has to be managed carefully. The tender, smoky and juicy payoff is really worth its finickiness. A slight addition of warm spices are also added to the meat to give it umami flavors. This was inspired by a Persian Mujadara. Add the slight bitterness of the romaine and little salty bombs of cotija and you have a transcendent burger combination.

Serves: 6 Regular-Sized Burgers

INGREDIENTS:

- 1 Teaspoon safflower oil for the grill
- 12 Large shallots
- 3 Cups safflower oil
- 1 Teaspoon chili powder
- 1 Teaspoon smoked paprika
- 2 Teaspoons sweet paprika
- ½ Teaspoon Saigon cinnamon
- 2 ¼ Tablespoons red wine vinegar
- 5 Cups romaine, shredded
- 6 Ounces Cotija cheese, diced ¼-inch
- 2 Pounds grass-fed ground beef (80/20)
- 2 Teaspoons ground cumin



- 2 Teaspoons ground cardamom
- 1 Teaspoon finely ground white pepper
- 1 ½ Teaspoons coarse kosher salt
- 1 Cup very cold unsalted, uncultured butter (2 sticks), grated
- 12 Pieces 4-inch round naan flatbread
- 1 ½ Tablespoons safflower oil to cook the shallots

INSTRUCTIONS:

1. Lightly oil grill grate and preheat only one side of your grill to 350 degrees Fahrenheit with the cover closed
2. Peel and slice the shallots ⅛-inch thick
3. In a 3 quart pot, add the sliced shallots and add the 3 cups of safflower oil; place it on the hot side of the grill
4. Heat pot to 350 degrees Fahrenheit and cook for 20 minutes, or until just starting to brown
5. While the shallots are cooking, mix the ground cumin, ground cardamom, finely ground white pepper and salt together
6. Break up the meat in a large bowl and sprinkle half of the spice mixture over it
7. Grate ½ cup of the cold butter over the meat mixture. Continue to work quickly and mix using very clean hands for 1 minute to distribute the butter evenly, breaking up any large clumps by pinching and folding the mix into itself
8. Continue grating the rest of the butter over the meat mixture, sprinkle the remainder of the spice mix, and mix for another minute, breaking up any large clumps of butter as you mix; avoid over mixing
9. Divide meat mix into 6 equal portions and shape into 6 (5-inch) round patties, set aside the patties
10. Drain the cooked shallots on paper towels, put the oil aside to cool and close the grill lid
11. Finely shred 5 cups of romaine
12. Dice the Cotija cheese into ¼-inch diced pieces



13. Mix the chili powder, smoked paprika, sweet paprika and cinnamon in a large sized bowl, then add the cooked shallots, shredded romaine, Cotija cheese and vinegar; toss to coat evenly and set aside
14. Place patties on the hot side of the grill and allow the patties to char for 2 minutes, then flip and char the opposite side for 1 minute. There will be a lot of flare up, so move the patties to the side away from direct flame and continue to cook for 3 minutes with the lid closed until internal temperature is 145 degrees Fahrenheit
15. Remove the cooked patties to a plate and tent with foil to keep warm
16. Ignite the other side of the grill and heat to 350 degrees Fahrenheit
17. Using a pastry brush, brush the oil used to fry the shallots on both sides of the 12 pieces of naan flatbread, then place the oiled naan bread on the grill and toast lightly on each side for about 1 minute
18. Assemble the burgers by placing a patty on each round of naan bread, divide the topping evenly over the 6 burger patties and top each with a remaining piece of naan