

Mediterranean Sunshine Burger

Pairs With: Chardonnay

Burger Type: Beef

Bun Type: Plain White Bun

INTRODUCTION:

Introducing my Mediterranean Sunshine Burger—a culinary delight that transports your taste buds to the shores of the Mediterranean Sea. Bursting with bold flavors and vibrant ingredients, this burger is a celebration of Mediterranean cuisine fused with American flair. Get ready to enjoy the savory goodness of juicy beef infused with tangy feta cheese and sun-dried tomatoes, perfectly complemented by a medley of Mediterranean-inspired toppings. With each bite, experience a burst of sunshine and indulge in a flavor-packed journey like no other.

Serves: 6 Regular-Sized Burgers

INGREDIENTS:

For the burger patties:

- 1.5 lbs ground beef (80/20 lean to fat ratio)
- 3/4 cup crumbled feta cheese
- 1/3 cup finely chopped sun-dried tomatoes (packed in oil)
- 3 cloves garlic, minced
- 1.5 tsp. dried oregano
- 1 tsp. salt
- ½ tsp. black pepper

For the toppings:

- 6 hamburger buns, split and lightly toasted
- 1.5 cups baby arugula
- 3/4 cup sliced Kalamata olives
- 1/3 cup thinly sliced red onion
- 1/3 cup tzatziki sauce

- 1/3 cup roasted red peppers, sliced
- 1 tsp. extra virgin olive oil, for drizzling

Tzatziki Sauce:

- ¼ cup plain Greek yogurt
- 1 tablespoon cucumber, peeled, seeded, and grated
- ⅓ small garlic clove, minced
- ½ tsp. fresh lemon juice
- ½ tsp. extra virgin olive oil
- ½ tsp. chopped fresh dill
- 1/16 tsp. salt and pepper (small pinch)

INSTRUCTIONS:

1. Preheat your grill to medium-high heat.
2. Make tzatziki sauce: In a small mixing bowl, combine the Greek yogurt, grated cucumber, minced garlic, lemon juice, olive oil, and chopped dill.
3. In a large mixing bowl, combine the ground beef, crumbled feta cheese, sun-dried tomatoes, minced garlic, dried oregano, salt, and pepper. Mix until well combined, being careful not to overwork the meat.
4. Divide the mixture into 6 equal portions and shape them into burger patties, slightly larger than the size of your hamburger buns. Make a slight indentation in the center of each patty with your thumb to prevent them from bulging during cooking.
5. Grill the burger patties for about 4-5 minutes per side, or until they reach your desired level of doneness. During the last minute of cooking, place the sliced red onion on the grill to lightly char.
6. While the patties are cooking, lightly toast the hamburger buns on the grill until golden brown.
7. To assemble the burgers, spread a generous dollop of tzatziki sauce on the bottom half of each toasted bun. Top with a handful of baby arugula, a grilled burger patty, sliced roasted red peppers, charred red onion slices, sliced Kalamata olives, and finally, drizzle with a bit of extra virgin olive oil.

8. Place the top half of the bun on top of each burger and serve immediately, paired with a glass of Sutter Home Chardonnay.