

GOURMET BLUE BURGER

A beefy, garlicky burger accented with rosemary and a tangy yet creamy blue cheese sauce; this is a match made in backyard barbecue heaven.



PREP TIME: 20 MIN

COOK TIME: 12 MINS

TOTAL TIME: 32 MINS

YIELD: 4 SERVINGS

INGREDIENTS:

BLUE CHEESE SAUCE

- 1/2 cup crumbled Gorgonzola (2 1/2 oz) or another blue cheese
- 1/3 cup sour cream
- 2 tbsp milk
- 1 tsp red wine vinegar
- 1 clove garlic, grated (optional)
- Salt and freshly ground black pepper (to taste)

BURGER:

- 1 egg yolk
- 2 large cloves garlic, grated
- 1 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 2 tsp finely chopped fresh rosemary
- 1/2 tsp each salt and pepper
- 1 lb lean ground beef
- Good quality burger buns (toasted if preferred)
- Optional toppings such as sautéed onions, baby arugula, or other traditional garnishes (as preferred).

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METHOD:

Blue Cheese Sauce: Combine blue cheese with sour cream, milk, vinegar and garlic (if using); season with salt and pepper (to taste). Set aside.

Burger: Preheat grill or a cast iron skillet to medium.

Stir egg yolk with garlic, Worcestershire sauce, mustard, rosemary, salt and pepper until well combined. Crumble in beef and mix gently by hand until uniformly combined. Form beef into 4 patties (about 3 1/2-inch in diameter), pressing a thumb-sized indent in centers to help patties keep shape during cooking.

Cook patties, on grill or in skillet, for 6 to 8 minutes per side or until cooked through (or until an instant-read thermometer inserted through side of patty registers 71°C/160°F). Serve on buns topped with blue cheese sauce and other toppings as preferred.

TIPS:

For sautéed onions, cook sliced onions in butter or olive oil until golden. (Add a little water as needed to help onions soften without scorching.) Season with salt, pepper and a splash of Worcestershire (to taste).