



## 2020 PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM WITH BOBBY AND CLAUDIA DEEN

### JUICY BURGERS

*I love to grill, but the best burgers cook in their own juices in a cast iron skillet. These are ridiculously good.*

1 pound ground beef	½ teaspoon salt + ½ teaspoon sugar (combine and set aside)
2 cloves minced garlic	
2 small green onions	1/8 teaspoon soy sauce
1 heaping teaspoon of dill relish	1 egg, beaten in a cup
2 tablespoons of capers	1/3 cup red cooking wine
1 heaping teaspoon Spice Islands sage	1- tablespoon olive oil
½ teaspoon Beau Monde seasoning	

1. Break up meat with a fork and spread the garlic, onion, and dry seasonings over it.
2. Mix by hand and let rest on countertop for 10 minutes.
3. Mix ½ teaspoon salt and ½ teaspoon sugar together, and from that, measure out 2/3 teaspoon, discarding the extra. Mix with 1/8 teaspoon soy sauce. Add to that the relish, capers, and everything else, including the wine. Do not include the olive oil.
4. Mix and let marinate for 10 minutes.
5. Make fat, juicy patties, each one-inch thick.

6. Have oil in cast iron skillet hot, but not yet smoking when you add the patties. Turn heat to medium-low and fry for 4 minutes. Remove pan from heat and flip patties.

7. Turn heat back to high and put skillet back on the eye, then after one minute, turn heat down and fry for another 3 minutes. Both sides of patty should be brown, and the middle pink and juicy!

8. I like to butter the buns and brown them in the skillet immediately after removing the burgers.

These burgers are great with lettuce, tomato and all the fixings. They are so flavorful, condiments are not necessary, but that is up to you! Ketchup, mayo, mustard... put it over the top.

Make sure you've got extra napkins on hand!