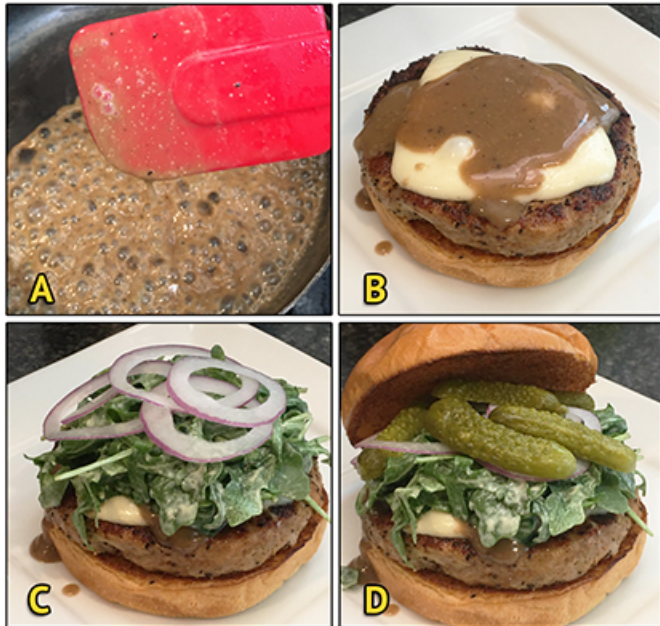






- 3 (A) Form the raw meat into 4 patties, liberally coat both sides of the patties with a good amount of cracked pepper. (B) Heat a pan for a minute over medium heat, then add the patties. Cook for 3 minutes. (C) During that time, take the cheese out of the bowl and slice into 4 pieces. (D) Flip the burgers and place a cheese quarter on each patty. Pour 2 Tbsp of water into the pan, cover with a lid and cook for 2 to 3 minutes, melting the cheese. Remove burgers from the pan and set aside.



- 4 Mix the pan sauce ingredients together, in a cup, till smooth. (A) Turn the heat back on under your pan, to high, then pour in the sauce. Bring to a simmer, then lower heat to medium. Stir for 3-4 minutes, or until the sauce thickens into a gravy. Pour into a cup and set aside. (B) Toast your burger buns, then place your patty onto the bottom bun, followed by pouring some of the hot pan-sauce over the cheese. (C) Next, add a mound of dressed arugula, followed by a few of the thin sliced red onions. (D) Lastly, slice a few of the tiny pickles in half, lengthwise, then place them on top of the onions. Done.

## NOTES & SUGGESTIONS:

- **PATTIES:** Though my fancy pictures use large cracked black peppercorns... I do noooooot recommend it. The burgers are ridiculously spicy like that. I had to remake them with smaller sized coarse ground pepper. Use a pepp0er mill, or buy a small, inexpensive container of coarse ground black pepper from the store. Use as much as you want. Just don't cover it in nearly full-sized peppercorns, like I foolishly did.
- **VINAIGRETTE:** If you're allergic to Dairy, you can use silken tofu in place of the Greek. If you don't have white wine vinegar, distilled white vinegar will work too, it just won't sound as fancy Nancy.
- **PAN SAUCE:** Same thing. If you're allergic to nuts, you don't need to ask what to use instead of almond milk. Use whatever low point milk alternative you CAN have, but adjust the points.
- **BRANDY:** The traditional recipe uses expensive cognac. I decided to use brandy, because you can get a small 100ml bottle, for \$2.50, from pretty much any small liquor store. Don't want to use alcohol? Use more beef broth instead. It won't be the same, but it'll have a rich, peppery, beefy gravy in its place. That'll still taste pretty good.
- **CHEESE:** I used mini Babybel Light cheese, because most everyone can get it at most major grocery stores. The 6 pieces have 10 points. A good substitution would be 3oz of semi-soft goat cheese, same points. Or, use 8 points of any cheese.

