

Gastro Pub Burger

An indulgent, richly flavored, high end, fancy schmancy, stuck up food bloggery burger you can make at home

A Gastro Pub is just a fancy name for a bar that serves small portions of high priced, snooty sounding food, with equally as expensive alcohol. That's ok if you're a food snob, but who the heck wants to pay \$50 for a burger and beer. Make their fancy burger at home, baby! This beast has a savory patty, smoked gouda cheese, bacon onion jam, lemon dijon dressed arugula and a poached egg with runny yolk.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger



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- last checked 02/24/24 -
Listed Points DO NOT INCLUDE BREAD! Use
whatever bread you want, then add my points to the bread.

Ingredients:

Burger Patties:

- 3/4 lb batch of my "Savory" ground turkey, recipe on pg. 26.
Form meat into 4 patties, set aside to rest for 20-30 mins.

Lemon Dijon Dressing:

- 2 Tbsp fat free plain Greek yogurt
- 1 Tbsp lemon juice
- 1 Tbsp dijon mustard
- 1/4 tsp olive oil
- 1/8 tsp salt
- 1/8 tsp coarse ground black pepper
- 1/2 tsp 0 point sweetener o' choice

Smoky Red Onion & Bacon Jam:

- 1/2 batch of my Red Onion Bacon Jam, recipe on pg. 20
(Make it ahead of time.)

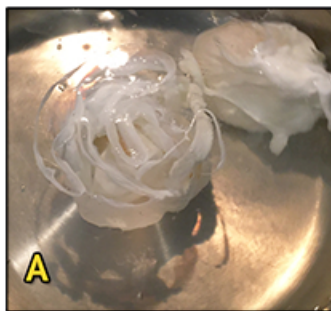
Additional Ingredients:

- 4 slices smoked gouda, thin sliced (see notes).
- 5oz baby arugula
- 4 large eggs
- 1 Tbsp white vinegar (if poaching the eggs, see notes)

Directions:

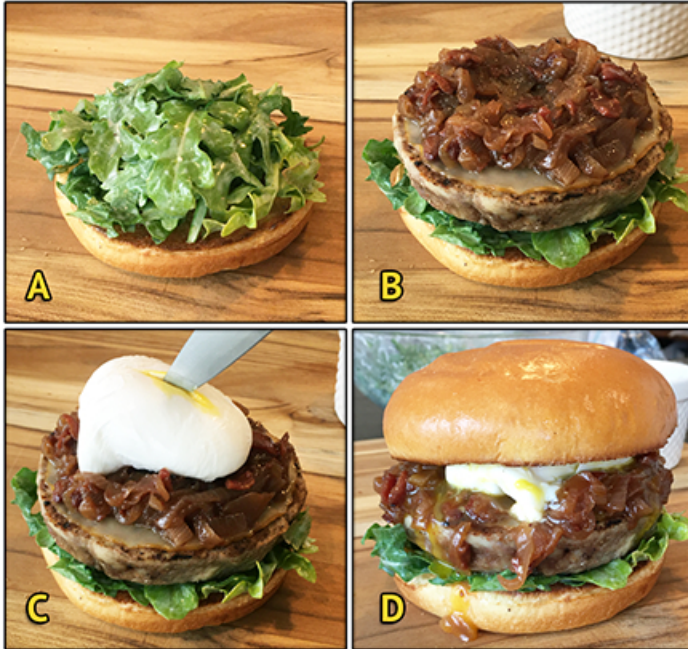
- 1 Make a batch of my Red Onion Bacon Jam, then set aside half of it for later. We're only going to be using 1 total cup for this burger (1/4 cup per burger).

- 2 Mix the dressing ingredients together till smooth, toss with the arugula, set aside.



- 3 (A) Bring a medium pot of water to a low boil, just to where it's starting to bubble. Add the white vinegar, then stir to create a whirlpool effect. Gently crack 1 egg into the water, it doesn't matter if the whites "feather out", we won't be using those anyways. Let the egg cook in the boiling water for 3 minutes. (B) Remove the egg with a slotted spoon, and place in a bowl of room temperature water. Repeat till all 4 eggs are poached. Set aside. (C) Preheat a large pan for 1 minute over medium heat, then cook burger patties for 2.5 minutes. (D) Flip the patty, place a slice of gouda on each patty, place a little water into the pan and cover it with a lid. Cook 2 more minutes. Done.

- 4 Remove the poached eggs from the bowl of water. Gently place on paper towels and pat dry to remove most of the water. Pull off any 'feathery' strands of egg white and discard them.



- 5 (A) Toast your burger buns o' choice, then scoop out some bread from the top bun, creating a small cavity the poached egg will fit into, in a few seconds. Place a mound of the 'dressed' arugula onto the bottom bun. (B) Set a burger patty on top of the arugula, followed by a 1/4 cup scoop of the red onion bacon jam. (C) Make a small crater in the center of the onion jam and place a poached egg into it, to keep it in place. Make a small slit in the egg, so that when you bite it, yolk will run out. If you don't, when you bite into it, it'll burst like a yolk filled grenade. (D) Place the top bun over the egg, gently push down to squeeze out some yolk.

NOTES & SUGGESTIONS:

- **BACON JAM:** I used oscar mayer center cut bacon. Remember to purchase regular center cut and not THICK CUT, otherwise it's higher in points.
- **THIN SLICED SMOKED GOUDA???:** To get thin sliced smoked gouda, you'll need to go to your grocery store's deli department. Ask them to slice you some smoked gouda, AS THIN AS THEY CAN MAKE IT. When they sliced it for me, I took it home, weighed the slices, and they were each around 10 grams in weight, making the first slice 1 point, the 2nd slice 3 points, the 3rd slice 4 points and the 4th slice 6 points. The deli-guy informed me that the setting he used, was pretty much the universal "thinnest" setting they can slice cheese at with most grocery store deli cutters.
- **POACHED EGGS ARE TOO MUCH WORK!:** Want to eliminate the hassle of poaching the eggs? No problem. You can use the same method as shown in my "Bibimbap" burgers, on pages 58-59, to make a runny yolk "sunny side up" egg instead. It's much faster and is a lot easier, while still giving you runny yolk, with a more traditional style egg.
- **BACON JAM:** When you make the bacon jam, don't forget to pat the cooked bacon dry and remove any oil from the pan. You have to do it, doctor's orders.

