



Oktoberfest Burger

Grab your Lederhosen, we're headed to Deutschland!

Who says Oktoberfest only comes around once per year?! This baby's got enough German cred to give David Hasselhoff a run for his money. I'm pulling out all the cliches I can think of, to pack a blitzkrieg of flavor into this bad boy. Though you can use any buns you want, this burger is so low in points that I opted for a high point pretzel bun for my pictures, but... use any type that you want. This culinary Hans & Franz is loaded with a pan seared, thick slice of red onion and a low fat bratwurst patty, topped with swiss cheese, a mustard-beer sauce and a pile of sauerkraut. Did I mention... mustard-beer sauce!?!?!?

Servings Info.:

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



- last checked 03/19/23 -
 Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Ingredients:

Low Point Bratwurst Patties:

- 3/4 pound batch of my Bratwurst, recipe on pg. 24 Mixed, then formed into (4) 3oz patties. Set aside.

Mustard Beer Sauce: (Makes 1/2 cup, 0 total points)

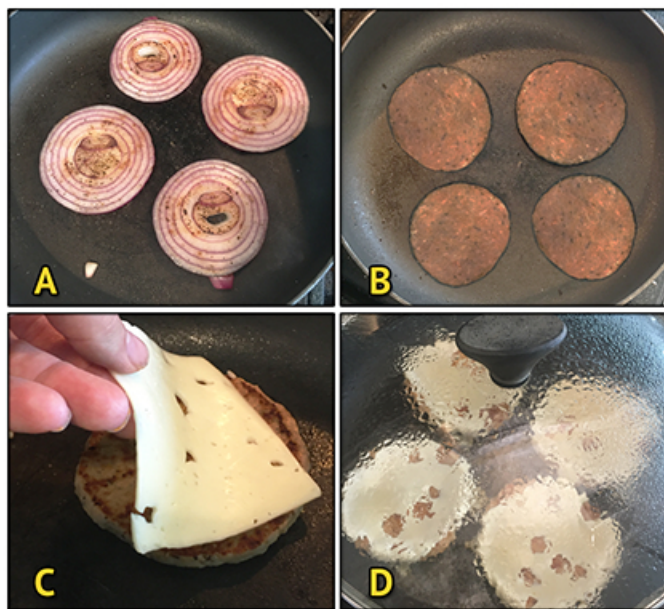
- 2 Tbsp (1oz) Light Beer. Yes.... light beer, deal with it.
- 3 Tbsp dijon mustard
- 3 Tbsp whole grain, stone ground mustard
- 1/2 tsp dry mustard powder
- 1/4 tsp salt
- 1/4 tsp pepper
- a dash of hot sauce, to taste (optional)

Additional Ingredients:

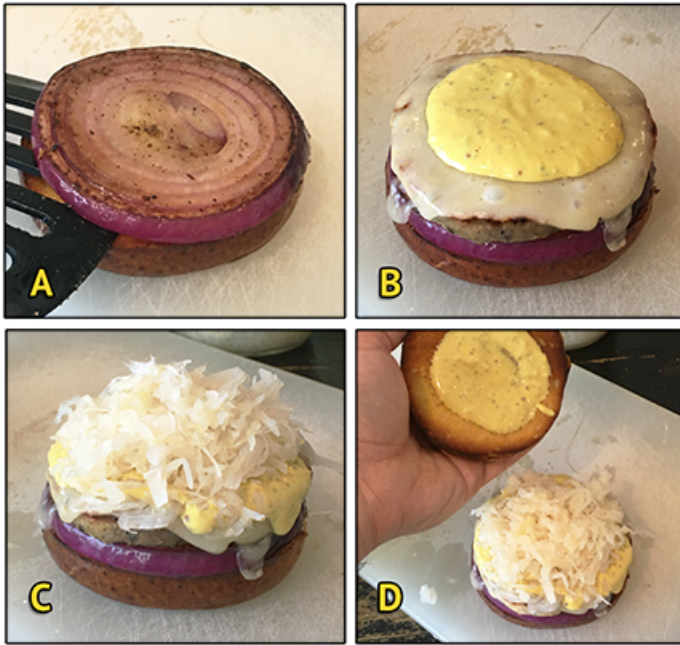
- 4 thick slices of red onion, around 1/2 inch thick.
- Sauerkraut. It can be found by the refrigerated pickles at the grocery store.
- 4 slices Swiss cheese. Reduced fat, or thin sliced, such as Sargento brand thin sliced Swiss. (see notes)***
- 4 Cornichon/Gherkin, fancy lil French pickles. (optional)

Directions:

- 1 Mix together all of the ingredients for the Mustard Beer sauce, till smooth. Cover and set aside.



- 2 (A) Heat a large pan over medium heat till water sizzles on it's surface. Spray the onion slices with cooking spray, season with salt and pepper, then place into the pan. Cook for 2 minutes per side, then set aside. (B) In the same pan, cook the Bratwurst patties with cooking spray. Cook for 2.5 minutes over medium heat, then (C) flip the burgers and top with Swiss cheese slices. (D) Add a little water into the pan, cover with a lid, then cook for 2 additional minutes. Remove burger patties from the pan and set aside.



- 3 To assemble the burgers, **(A)** place one of the red onion slices onto the bottom bun, **(B)** followed by one of the bratwurst patties. Spoon 1 Tbsp of mustard sauce onto the melted cheese. **(C)** Take a good scoop of the Sauerkraut from the jar and give it a little squeeze, to remove some of the vinegar brine. Place the mound o' Kraut on top of the sauce. It should resemble the top of Guy Fieri's head at this point. **(D)** Lastly, smear 1 more Tablespoon of mustard sauce onto the top bun, then set it on top of the sauekraut. If you want... you can skewer a small Gherkin pickle with a toothpick, then top your burger with it. Man... the French just can't win.

NOTES & SUGGESTIONS:

- **CHEESE:** 2 slices of Sargento brand thin sliced swiss cheese are 3 points. NORMAL thickness swiss cheese is usually 3 points. So, it gives you options. You can use 1 thin slice per burger, like I did, which makes the points for the cheese 1 point on the first burger, 3 for the second, 4 for the 3rd and 6 for the 4th serving of cheese. Or, you can simply scan different brands of Swiss cheese, use whatever you want, and adjust the points of the recipe. Either way, it's a low point burger.
- **THIN SLICED CHEESE:** If you can't find sargento or a different brand "thin" sliced swiss cheese, go to your store's deli section and ask them to slice some swiss cheese for you as thin as they possibly can. OR, go the easy route. By regular swiss cheese, then use my "cutting the cheese" hack to weigh it in grams and slice a little off, to lower it by a point.
- **MUSTARD BEER SAUCE/SPREAD:** If you don't want to use alcohol for your spread, then use water or fat free beef broth. Heck, if you want to add a little sweetness instead, use root beer.
- **SAUERKRAUT:** This is honestly the first time in my life I've tried it. If you don't mind eating pickles or pickled vegetables, you'll like it.
- **GHERKIN PICKLES:** I wasn't planning to putting fancy French pickles on top of the burger, as garnish. However, as soon as I pulled the Bratwurst out of the fridge, the pickles surrendered. Luckily, the Swiss acted as a neutral buffer between the two.

