



Grilled Korean Kimchi Beef Burger

Add spicy pickled cabbage to kick up the flavor

- 1 Tablespoon sesame oil
- 1/4 cup chopped onion
- 1 teaspoon minced fresh ginger
- 1 large clove garlic, peeled, minced
- 1 teaspoon fish sauce
- 1 Tablespoon BBQ sauce
- 1 Tablespoon Gochujang paste
- 1-pound ground beef (85/15)
- 2 Tablespoons panko breadcrumbs
- 1/2 Tablespoon Gochujang paste
- 1/3 cup prepared mayonnaise
- 1/4 teaspoon grated orange zest
- Olive oil spray as desired
- 3 regular sesame hamburger buns, split

Toppings as desired: Prepared Korean Kimchi, baby arugula, cilantro sprigs, thin ribbon lengthwise sliced carrots and cucumbers, minced chives

Prepare Spicy BBQ Sauce: Place sesame oil in warm small pan; add onion; sauté 1 minute; add ginger and garlic; cook 1 minute; stir in fish sauce, BBQ sauce, and Gochujang until sauce forms. Remove from heat; set aside.

Prepare Burgers: Place beef in large bowl; add breadcrumbs and reserved spicy BBQ sauce. Lightly stir to combine. Shape into 3 burger patties; indent the center of each patty slightly with your thumb for even grilling; place on plate; chill in refrigerator until grilling, about 20 minutes.

Make Spicy Mayonnaise: In small bowl, stir together 1/2 Tablespoon Gochujang, mayonnaise, and grated orange zest; set aside.

Grilling the Burgers and Buns: Meanwhile prepare grill for direct cooking over medium heat. Spray burgers lightly with spray oil; grill burgers for about 12 minutes, turning once until burgers reach 165 degrees F when tested using a meat thermometer. Remove from grill; set aside to stay warm.

Spray insides of buns lightly with oil spray; place buns cut side down on medium heat on the grill until lightly toasted. Remove toasted buns from grill.

Adding Toppings: Spread cut side of buns as desired with spicy mayonnaise. Place one burger on each bun bottom; using a slotted spoon, top burger with a dollop of kimchi, add layers of arugula, cilantro, carrots, and cucumbers. Place top of bun over burger. Serves: 3 burgers

Cook's Note: If you want to make sliders, shape meat into 4 burgers and use slider buns. When grilling with BBQ sauce and Gochujang, the meat has a tendency to brown or char very quickly. If you want to make 6 larger burgers, double the recipe. I used Wildbrine Probiotic Kimchi and it can be found in a jar at some local supermarkets.

About the Recipe: This burger has a delightful Asian kick and the Gochujang provides a depth of flavor. Top the grilled burger with a dollop of Asian pickled vegetables and cabbage with hints of ginger and garlic. Add some fresh crunchies like thin sliced carrots, cucumbers, and leafy herbs.

What is Gochujang? It is a Korean or Asian hot pepper paste that is thick, spicy, and has a pungent flavor. The heat levels will vary depending on the brand.

What is Kimchi? It's a traditional Korean side dish made from fermented cabbage, vegetables, and flavored with garlic, ginger, and spices. It's rich in vitamins A, B, and C.