HOT & BOLD

Smash Burgers with Caramelised Onions

PREP	COOK	SERVES
15 min	30 min	4 double burgers

Thin, lacy-edged patties pressed hard on a hot pan and stacked double with cheese and sweet, sticky onions.

Ingredients

For the onions

- 3 large onions, thinly sliced
- 1 tbsp oil
- 1 tbsp butter
- A pinch of sugar
- A pinch of salt

For the burgers

- 500 g beef mince (about 20% fat)
- Salt and black pepper
- 1 tbsp oil
- 8 slices of cheese
- 4 soft burger buns

For the sauce

- 3 tbsp mayonnaise
- 1 tbsp mustard
- 1 tbsp chopped pickles
- Pickle slices, to serve

Method

1. Cook the onions with the oil, butter, sugar and salt over low heat for about 25 minutes, stirring now and then, until deep golden and sticky.

2. Mix the mayonnaise, mustard and chopped pickles.
3. Roll the beef into eight loose balls of about 60 g. Do not compress them.
4. Heat a cast-iron or heavy pan until very hot and add a little oil. Put in two balls, press each flat with a sturdy spatula for 10 seconds, and season.
5. Cook for 2 minutes until the edges are lacy and dark, scrape underneath, flip, lay cheese on top and cook for 1 minute. Repeat with the rest.
6. Spread sauce on the buns, add two patties each, a spoonful of onions and a few pickles.

Cook's tip

Smash hard and fast right at the start. Once a crust has formed, do not press again or the juices run out.