

# Gourmet Pork Burgers



## Ingredients

### Pork:

1 lb / 0.5 kg lean ground pork  
2 cloves garlic, minced  
1 Tbsp / 15 mL Dijon mustard  
1 egg, slightly beaten  
½ cup / 125 mL fine dry breadcrumbs  
½ tsp / 2 mL EACH salt and ground black pepper  
4 hamburger buns, sliced  
2 tart apples, thinly sliced  
¼ cup / 50 mL crumbled blue cheese

### Maple Dijon Glaze:

¼ cup / 50 mL maple syrup  
2 Tbsp / 30 mL Dijon mustard

### Caramelized Onions:

1 Tbsp / 15 mL EACH unsalted butter and canola oil  
1 large yellow onion, sliced into thin rings

## Directions

1. In large bowl, gently combine ground pork with garlic, mustard, egg, breadcrumbs, salt and pepper; do not overmix.
2. Form mixture into 4 large patties. Cover and refrigerate for 1 hour.
3. In small bowl, whisk together maple syrup and mustard. Set aside.
4. To caramelize onions, melt butter with oil in a skillet over medium-high heat. Add onions and cook 3 minutes. Reduce heat to low and cook, stirring occasionally, until onions are very soft and golden, 20-30 minutes. Remove from heat and allow to cool.
5. Preheat barbecue on high; reduce heat to medium. Grill patties 7-9 minutes per side or until instant-read thermometer registers 160°F. Brush patties with Maple Dijon Glaze.

6. To assemble, place patty on bottom half of bun. Top with apples, caramelized onions and blue cheese. Cover with top half of bun.

\*For better burgers, use gentle hands to mix and form patties that are consistent in size so that they all cook at about the same rate. Make a thumbprint indent in the centre of each patty to help prevent 'patty puffing' while grilling.

## **Additional Info**

- **Cut:** Ground pork
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 20
- **Number of Servings:** 4