

Grilled Beef Burger with provolone, pickled beetroot and horseradish Massimo Mele, Sydney

Ingredients

Burgers

- 1.8 kg sirloin, chuck steak, brisket cut into 3 x 3 cm cubes
- 13 g salt
- olive oil

Sauce

- 90 g bbq sauce
- 145 g japanese mayo
- 15g horseradish

To serve

- 10 slices provolone cheese
- 10 sliced burger milk buns
- 2 vine-ripened tomatoes, sliced
- 2 baby gem lettuces, broken into leaves
- 2 dill pickles, sliced lengthways
- 1 cup pickled beetroot relish

Beetroot relish

- 1 chopped brown onion
- 1/3 cup brown sugar
- 1/4 cup red wine vinegar
- 1/2 cup water
- pinch of ground cinnamon and cloves
- 225g cooked beetroot chopped (whole beetroots boiled in water and peeled).

Combine brown onion, brown sugar, red wine vinegar, water, ground cinnamon and cloves in a saucepan over medium heat. Cook for 5 minutes or until onion is soft.

Add cooked beetroot and cook for 15 minutes or until thick. Allow to cool.

Method

Chilling time 6 hours.

Place the cubed meat in a bowl and sprinkle with the salt. Mix together, cover with plastic wrap then place in the fridge for 4 hours.

Using a meat grinder fitted with a 3 mm plate, As the meat comes out of the grinder, have a second person use their hands to lay out the strands of meat on the plastic wrap. Try to keep the grain of the individual strands running lengthwise in the same direction without getting tangled together.

Wrap the meat up tightly in the plastic wrap, twisting the ends tightly to form a log. Prick a few holes in the plastic wrap with a pin to release any air pockets trapped inside, then continue to twist the ends to tighten until the log is about 12 cm in diameter.

Wrap the log in another layer of plastic wrap to keep it from coming apart, and refrigerate for at least 2 hours, or until needed.

When ready to cook, place the still-wrapped log on a cutting board and use a very sharp knife to cut slices that are approximately 2 cm in thickness. (The plastic wrap helps to keep the meat from falling apart.) Place the finished burgers on a baking tray and refrigerate until needed. If you have more burgers than you need, they can be individually wrapped in plastic wrapped at this point and frozen until needed.

To cook the burgers, rub each one with a little oil and place them on the barbecue or a really hot frying pan, and flip them every 15–20 seconds. Cook to your liking or for medium-rare, take the burger to 45°C in the centre. Immediately after the last flip, place a slice of cheese on top of each burger and allow to melt for the final 15 seconds.

To make the sauce, combine the bbq sauce, mayonnaise and horseradish in a bowl and mix thoroughly.

To serve, place the base half of a bun on a plate and put a burger with melted cheese on top. Place a couple of slices of tomato and beetroot relish followed by a couple of leaves of lettuce and a couple of slices of pickle. Finish with a spoonful of sauce. Place the top half of the bun on top and serve.