

French Hamburgers

Author: Julia Child's "Mastering the Art of French Cooking"



BEEF PATTIES:

3/4 c onion, minced
 2 tbsp butter
 1 1/2 lb lean ground beef
 2 tbsp butter, softened
 1 1/2 tsp salt
 1/8 tsp pepper
 1/4 tsp thyme
 1 whole egg

DREDGING MIXTURE:

1/2 c flour

SAUCE:

1 tbsp butter
 1 tbsp vegetable oil
 1/2 cup red wine, or sherry or port
 2 tablespoons butter

Serving Ideas: Serve with a noodle dish and a brightly colored vegetable.

Per Serving (excluding unknown items): 766 Calories; 60g Fat (73.4% calories from fat); 34g Protein; 15g Carbohydrate; 1g Dietary Fiber; 235mg Cholesterol; 1160mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 9 Fat.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Preparation Time: 40 minutes

Notes: Originally this dish was called "Bifteck Hache a la Lyonnaise" but we always called them French Hamburgers. It's a Julia Child recipe from way-back, when we didn't care (or know) much about watching fat. But, it's a wonderful company meal. I've altered the original a little by reducing some of the butter. When making these I usually buy extra beef and make additional patties to freeze.

1. Cook minced onion slowly for 10 minutes in butter, until tender, but not brown. Pour into a mixing bowl. Add the ground beef, additional butter, and seasonings to the onions and beat just until combined. Form into 4 patties, 3/4 inch thick. Cover with wax paper and chill several hours.
2. Just before sauteeing the patties, roll them in the flour. In a large, heavy frying pan, melt butter and oil, bring to a moderately high temperature and add patties. Sear them until they're brown on both sides, then reduce heat until they're done to your liking. This usually takes longer than I think - about 15 minutes.
3. Remove patties to a heated oven. Pour fat out of the pan and add sherry (or other wine), scraping up the pan juices, until it's reduced to a thick syrup. Take off the heat and add the butter and stir until it's melted and serve in a small pitcher to pour over the patties. I often use a knife to poke holes in the top of the patties (after they're cooked) so the wine sauce will seep down into the meat.
4. Note: the original recipe calls for red wine, white wine, vermouth or beef stock for the sauce. You can use either red wine, sherry or light port.