
Chinese New Year Burger with Kimchee Soy Sprouts

Total time: 30 min Yield: 8 patties

Ingredients

- 1 tsp salt
- 8 oz soy sprouts
- 2 tsp kimchee base
- 1 tsp sesame oil
- 3 lb ground beef (any grade)
- 1 cup shiitake mushrooms (fresh, small diced)
- 8 oz water chestnuts (drained, small diced)
- 1 cup white sweet onion (small diced)
- 1 cup cilantro (chopped)
- 1/2 cup garlic chives or green onion (minced)
- 1 Tbsp garlic (minced)
- 1 Tbsp ginger (minced)
- 4 Tbsp oyster sauce
- 1 Tbsp Worcestershire sauce
- 2 Tbsp soy sauce (low sodium)
- 1 tsp ground black pepper
- 1/2 tsp cayenne pepper (optional)
- 8 hamburger buns

Prep Time: 15 min Cooking Time: 15 min Total Time: 30 min

Instructions

Bring a medium pot of lightly salted water to a boil. Add the soy sprouts and cook uncovered until tender yet still crisp, about 15 seconds. Drain in a colander, then immediately submerge in ice water. Once the soy sprouts are cold, drain well, and add kimchee base and sesame oil; mix well and set aside.

In a large bowl, combine the beef, mushrooms, water chestnuts, onion, cilantro, garlic chives or green onion, garlic, ginger, oyster sauce, Worcestershire sauce, soy sauce, salt, pepper and cayenne pepper and mix until well incorporated.

Preheat the grill or grill pan on high. Divide the meat into eight equal patties. Coat the grill with non-stick spray. Place the patties onto the grill and cook to desired doneness; 160°F is safe and recommended.

Remove the burgers from the grill and place onto buns. Top with kimchee soy sprouts and your favorite condiments and enjoy.

Recipe brought to you by:

Chef Ryan Covert