

Angus Burger With Ripe Plantains, Guava BBQ, Avocado & A Mango Salsa



Servings: 4



Total Time: 30 min.



Level: Beginner

INGREDIENTS

- 4 ea. Angus Burger
- Fried Ripe Plantain Slices
- Avocado, thinly sliced
- Mango Salsa (recipe follows)
- Guava BBQ Sauce
- Toasted Brioche Buns

For the Burgers:

- 1½ pounds ground Angus beef (80% / 20%)
 - Kosher salt as needed
 - Freshly ground black pepper as needed
 - Butter or oil, for the pan
1. Divide the ground beef. Divide the ground beef into 4 or 6 portions, depending on the number of burgers you would like to make.
 2. Shape the patties. Gently press each portion of ground beef into a disk about 1-inch thick. Press the middle to create a shallow "dimple" and pat the edges into a round — the patty should look like a frisbee and be slightly larger than your burger buns. Don't worry if there are some cracks in the edges; try not to mash the beef too much as you shape the patties.
 3. Warm the pan. Heat a pat of butter or a teaspoon of oil in a griddle or large skillet over medium heat.
 4. Toast the buns. Working in batches if needed, place the bun halves cut-side down in the warm butter or oil. Toast until the surface is golden-brown. Transfer the toasted buns to a serving plate.
 5. Increase the heat to medium-high. Increase the heat to medium-high and keep a careful eye on the pan. When you see the first wisp of smoke, you're ready to cook the burgers.
 6. Place the burger patties in the hot pan, leaving a little space between each one.
 7. Work in batches if necessary. The burgers should sizzle on contact — if they don't, nudge the heat up a little.
 8. Generously season with salt and pepper and cook for 3 to 4 minutes.
 9. Flip the burgers and cook another 3 to 5 minutes, flip to the other side.
 10. Season the other side generously with salt and pepper and cook for another 3 to 5 minutes to your preferred doneness.

Ripe Plantain Slices

- 12 ea. Big Banana Ripe Plantain Slices
- Vegetable Oil, as needed for Frying

1. Add the oil to a counter top deep fryer and Preheat to 350F.
2. Add the plantains to the fryer basket and gently lower it into the oil and cook for 3-4 minutes
3. Drain and hold warm

Mango Salsa:

- 1 ripe mango, peeled, pitted, and finely diced (about 1 ½ cup)
 - 2 Tbsp finely chopped red onion
 - ½ Jalapeño, minced
 - 3 Tbsp fresh cilantro leaves, chopped
 - 3 Tbsp fresh lime juice
1. Put the diced mango, red onion, jalapeño and cilantro in a medium bowl. Toss with lime juice.

Guava BBQ Sauce

Prep Time: 5 minutes

Cook Time: 25 minutes

Yields: 1 cup

- 1 tbsp. canola oil
- 2 tbsps. Spanish onion, minced
- 2 cloves of garlic, minced
- 1 tbsp. fresh ginger, minced/grated
- ½ cup water
- ½cup apple cider vinegar
- ¼ cup spiced rum
- 3 tbsp. lime juice
- 1 tbsp. soy sauce
- 2 tsp. Worcestershire sauce
- 3 tbsp. tomato paste
- 8 oz. guava paste, cut into cubes
- Salt & pepper to taste

1. Heat a medium saucepan over medium heat. Add oil and onions.
2. Sauté onions until soft, then add garlic and cook 1 minute longer. Add the remaining ingredients and bring to a gentle simmer.
3. Reduce heat, cover and let simmer for 25-30 minutes. Remove from heat and let cool.

To Assemble:

- ❖ Place a tablespoon of the guava bbq over the bottom half of the toasted bun, sauce. Place the patty on top, add the plantains, sliced avocado and finish with the mango salsa. Top with the top half of the toasted bun and serve