

Oklahoma Fried Onion Burgers

Oklahoma Fried Onion Burgers are incredibly easy to make and insanely delicious. The key to making these mouth-watering burgers featured in Cooks Country is to smash thinly sliced onions into the ground beef before cooking. The result is golden caramelized onions embedded a perfectly cooked burger!

Ingredients For Oklahoma Fried Onion Burgers:

I used the following simple ingredients for these awesome burgers: Onion, Kosher salt, freshly ground black pepper, ground beef, unsalted butter, vegetable oil, sliced Cheddar cheese, and my homemade hamburger buns. I used 93% lean ground beef rather than the 85% suggested by Cooks Country.



Preparing The Onions For The Oklahoma Fried Onion Burgers:

The most time-consuming part of making these burgers was prepping the onions to remove as much moisture as possible. The reason for doing this is that the onions won't get hot

enough to brown with all their liquid.

I started by cutting the onion in half, pole to pole, and slicing it into 1/8-inch slices. Then, I combined the sliced onions with some Kosher salt and placed them in a wire mesh strainer set over a bowl. After about 30 minutes, I dumped the onions into a clean dish towel and squeezed them dry. I was amazed at the amount of liquid that came out.

Making The Oklahoma Fried Onion Burgers:

I divided the onions into four separate piles on a rimmed baking sheet. Then, I formed the ground beef into four lightly packed balls and placed them on top of the onion piles. Next, I used my hand to flatten the ground beef into the onions, ensuring that the onions stuck to the beef. Finally, I sprinkled the patties with some salt and pepper.



I melted the butter with the oil in a 12-inch nonstick skillet over medium heat. Then, I carefully slipped a spatula under each burger and transferred it to the skillet, onion side down. I cooked the burgers for about 10 minutes until the onions were golden brown and began to crisp around the edges. Next, I carefully flipped the burgers and cooked them on high

for several minutes until they were nicely browned.

Meanwhile, I lightly buttered and toasted the hamburger buns and placed the sliced cheese on the bottom buns. When the burgers were done, I placed them on the cheese, onion side up. Our topping of choice was just mayonnaise, but you could put whatever you wanted on the burgers. The Oklahoma Fried Onion Burgers were incredible. I served them with homemade coleslaw, crispy french fries, and a chilled Chardonnay. Yum!



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Prep Time : 35 mins

Cook Time : 10 mins

Total Time : 45 mins

PLEASE, USE THE NEXT PAGE BUTTON BELOW FOR THE RECIPE AND INGREDIENTS.

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Course: Main Course

Cuisine: American

Servings: 4 Burgers

Calories: 432 kcal

Ingredients

- 1 large onion cut in half (pole to pole) and thinly sliced

- Kosher salt
- Freshly ground black pepper
- 1 pound (16 ounces) 93% lean ground beef
- 1 Tablespoon unsalted butter
- 1 teaspoon vegetable oil
- 4 slices sharp Cheddar cheese or American cheese
- 4 hamburger buns lightly buttered and toasted

Instructions

1. Toss onions with 1 teaspoon of salt. Place in wire mesh strainer set over a bowl. Allow to drain for 30 minutes. Transfer onions to clean dish towel, and squeeze dry.
2. Divide onion mixture into 4 separate piles on rimmed baking sheet. Form beef into 4 lightly packed balls; place on top of onion piles. Flatten beef firmly so the onion adheres and the patties measure 4 inches in diameter.
3. Melt the butter with oil in 12-inch nonstick skillet over medium heat. Using spatula, carefully transfer the patties to the skillet, onion side down. Cook until the onions are golden brown and begin to crisp around edges, 8 to 10 minutes. Carefully flip the burgers. Increase the heat to high, and cook the burgers until well browned on the second side, 2 to 3 minutes. Place 1 slice of cheese on each bottom bun. Place the burgers on buns, onion side up. Add desired toppings, and serve.
4. Yield: 4 Oklahoma Fried Onion Burgers.

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