

Friday, May 23, 2008

Classic Cheese and Onion Patty Melts on Rye

Prep time: 25 minutes

Grilling time: 8 to 10 minutes

3 tablespoons vegetable oil
2 large yellow onions, thinly sliced
1/2 teaspoon granulated sugar
Kosher salt
1/4 cup (1/2 stick) unsalted butter, softened
12 slices artisan-style crusty rye bread, about 1/4-inch thick
2 pounds ground chuck (80% lean)
2 tablespoons Worcestershire sauce
1/2 teaspoon freshly ground black pepper
1-1/2 cups grated dill Havarti or Swiss cheese, about 4 ounces
Dijon or spicy brown mustard, optional

1. In a large skillet over medium heat, warm the oil. Add the onions, sprinkle with the sugar, cover, and cook until the onions are caramelized, 15 to 20 minutes, stirring occasionally. Season to taste with salt. Remove from the heat and keep warm. Meanwhile, butter the bread on each side and set aside.
2. In a large bowl gently mix the ground chuck with the Worcestershire sauce, 1 teaspoon of salt, and the pepper, incorporating the spices evenly. Gently shape into 6 patties of equal size and about 1/2 inch thick.
3. Grill the patties over **direct high heat** (450

Grilling Tip:

It is important to find the right bread for this recipe so it can hold all the juices from the onions and patties without falling apart. Get a loaf that is dense and crusty.