

# Jamaican Jerk Burgers

Adapted by Our Young Chefs from SimplyRecipes.com

Makes 8 burgers OR 12 slider burgers

*Scotch bonnet and habanero chili peppers are very hot and can cause extreme pain if residue from handling them comes in contact with your eyes. It is strongly recommended to wear disposable gloves while handling the chilies and the jerk mixture.*



## INGREDIENTS

### BURGERS

- $\frac{1}{2}$  Scotch bonnet or habanero chili pepper, seeds removed, coarsely chopped
- 3 cloves garlic, chopped
- $\frac{3}{4}$  cup chopped green onion, including greens
- 4 teaspoons fresh thyme leaves
- 1 tablespoon white vinegar
- $\frac{1}{2}$  tablespoon water
- $\frac{1}{4}$  teaspoons ground allspice
- $\frac{1}{4}$  teaspoons ground cinnamon
- $\frac{3}{4}$  teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoons ground ginger
- $\frac{1}{4}$  teaspoons molasses
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper

## DIRECTIONS

**Prepare the jerk spice mixture:** In the work bowl of a food processor fitted with the metal knife blade, combine the **chili, garlic, green onion, thyme, vinegar, water, allspice, cinnamon, nutmeg, ginger, molasses, salt and pepper.** Pulse until finely chopped.

**Alternate method to prepare the jerk spice mixture:** If you do not have a food processor, finely dice the **chili, garlic, green onion and thyme leaves.** Stir together with the remaining ingredients.



*Scotch bonnet pepper*



*Habanero pepper*

- 2 pounds ground beef, at least 16% fat
- 8 hamburger buns (*optional*)

**Mix and shape the burger patties:** Using your hands, gently mix in the **jerk spice mixture** with the **ground beef** in a large bowl until just incorporated. *Do not* over-mix. Shape into **patties** that are about  $\frac{1}{2}$  inch thick and slightly wider than the diameter of your **hamburger bun**. Chill about 30 minutes or until you are ready to cook. (Remember to *wear gloves* while handling the **jerk seasoning mixture** or thoroughly wash hands with soap and water after handling.)

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**Grill the burgers:** Prepare gas or charcoal grill for cooking over high direct heat. Place the **burger patties** on the clean, well-oiled grill grate. Grill the **burgers** for about 5 minutes per side or until an instant-read thermometer placed in the center of the meat registers 160°F.\* *Do not press down on the burgers while cooking.* (If making *slider-sized burgers* cook approximately 4 minutes on the first side, 3 minutes on the second side.)

**Alternate method to cook the burgers:** If a grill is not available, the **burgers** can be cooked using a stovetop grill/griddle pan OR a cast iron skillet/frying pan.

**Serve:** Serve the burgers topped with *Citrus Coleslaw*, with OR without **hamburger buns**. ➡

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\* For the probe of an instant-read thermometer to be inserted deeply enough to register the temperature correctly in a burger patty, the thermometer must be inserted horizontally into the patty, *at least* 2 inches deep. This position for inserting the thermometer is important because the area where the temperature is registered on the thermometer probe is about  $1\frac{1}{2}$  inches from the tip. It is difficult to get an accurate reading if the probe is placed vertically, crossing the thickness of the burger patty, with only a small amount of the meat on the tip of the probe. Wash and wipe the thermometer clean immediately after each use to check the burger's internal temperature.

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