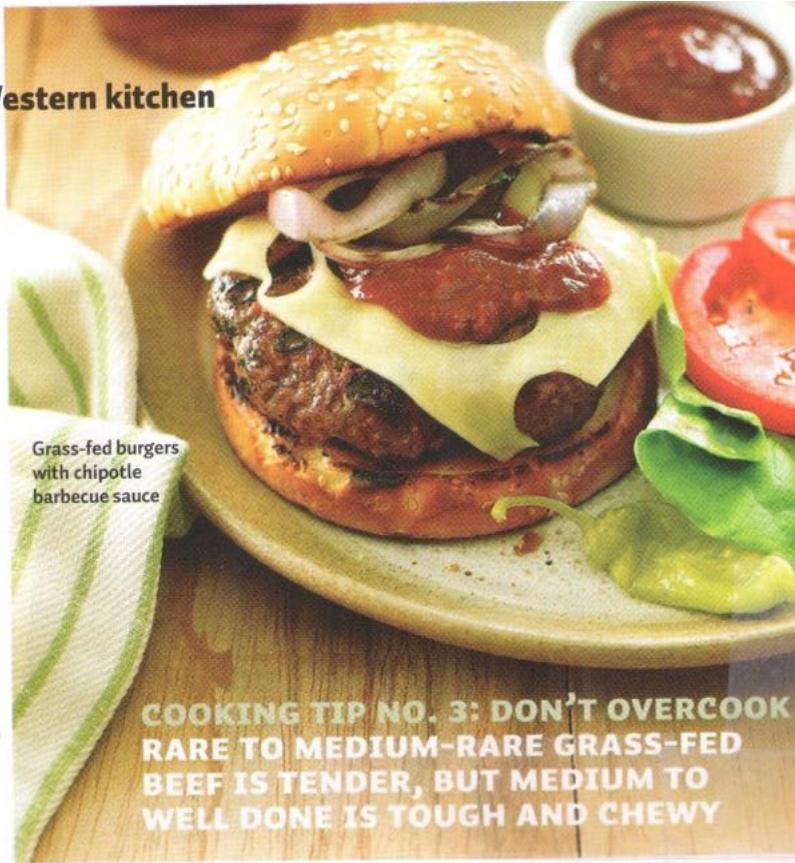


In the Western kitchen



Grass-fed burgers
with chipotle
barbecue sauce

**COOKING TIP NO. 3: DON'T OVERCOOK
RARE TO MEDIUM-RARE GRASS-FED
BEEF IS TENDER, BUT MEDIUM TO
WELL DONE IS TOUGH AND CHEWY**

Grass-fed burgers with chipotle barbecue sauce

SERVES 4 TIME 35 minutes

You'll have plenty of the spicy, tangy sauce left over. Have it with grilled chicken or ribs.

SAUCE

1/4 cup packed light brown sugar

1/2 cup ketchup

2 tbsp. canned chipotle chiles in adobo sauce
(about 3 chiles), plus 1 tbsp. sauce

1 tbsp. Worcestershire

2 tbsp. molasses

2 tbsp. orange juice concentrate

1 tsp. minced garlic

BURGERS

1 1/4 lbs. grass-fed ground beef

2 tsp. each kosher salt and freshly ground black pepper, divided

1 red onion, sliced 1/4 to 1/2 in. thick crosswise

1 tbsp. vegetable oil, divided

4 slices Swiss cheese

4 sesame hamburger buns

4 slices ripe tomato

4 leaves butter or romaine lettuce

1. Make sauce: Purée all sauce ingredients in a food processor until very smooth.

2. Make burgers: In a bowl, combine beef and 1 1/2 tsp. each salt and pepper (if using preformed burgers, sprinkle with salt and pepper). Form into 4 patties about 3/4 in. thick, making a slight depression in each to help keep burgers flat as they cook. Put on a plate, cover, and chill until ready to grill.

3. Preheat a grill for medium heat (350° to 450°; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds).

4. Sprinkle onions with remaining salt and pepper and 1 tsp. oil. Grill, covered, until softened, turning once, 8 minutes total.

5. Meanwhile, rub burgers with 2 tsp. oil and grill, covered, turning once, about 6 minutes total for medium-rare. In the last few moments of cooking, lay a slice of cheese on each burger. Lay bun halves, cut side down, on grill to toast slightly.

6. Transfer buns to a platter and fill with burgers and onions. Spoon about 1 1/2 tbsp. barbecue sauce on top and add a slice of tomato and a lettuce leaf.

Make ahead: Sauce: 1 week chilled.

PER BURGER, WITH 1 1/2 TBSP. SAUCE AND TRIMMINGS

612 CAL., 50% (306 CAL.) FROM FAT; 36 G PROTEIN; 34 G FAT (14 G SAT.); 41 G CARBO (2.3 G FIBER); 1,175 MG SODIUM; 112 MG CHOL. ■