

# Jerk Burgers with Caramelized Pineapple Rings

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*These Jamaican inspired Jerk Burgers with Caramelized Pineapple Rings from Rachael Ray's "The Book of Burger" will definitely step up your game at the grill. The herbs and spices are mixed in to the meat, so you get the powerful flavor of jalapeno, onion, ginger, garlic, thyme and jerk spices throughout the burger, not just on top. This method makes the burger really moist too.*

## Burger Ingredients

1 ½ pounds	ground pork or ground chicken	1 Tablespoon	brown sugar
¼ cup	diced red or green onion + slices for buns	1 Tablespoons	fresh thyme leaves or 1 teaspoon dry
1	jalapeno chile, seeded and minced	¼ teaspoon	salt and pepper to taste
3	garlic cloves, minced	<b>The Rest</b>	
2 Tablespoons	ginger root, minced	½	fresh pineapple
1 teaspoon	allspice	4	Hamburger buns toasted
1 teaspoon	cumin, ground	2 Tablespoons	mayonnaise
1 teaspoon	ground coriander	1 cup	shredded lettuce or whole leaf lettuce
1 teaspoon	paprika	1	lime, cut in wedges
¼ teaspoon	nutmeg		

- 1 Combine burger ingredients in a bowl and mix just until combined. **DO NOT OVERMIX.** Form four burgers into the size of the bun and place on a plastic wrap-lined tray for easy removal to the grill.
- 2 Cut off the top and bottom of the pineapple first, then slice vertical slices to remove skin on sides. Turn pineapple horizontal and cut into 1/2" pineapple rounds. Cut out center core if desired.
- 3 Grill pineapple slices and burgers on a medium-high grill, about 4 minutes on each side or until the meat is semi-firm to the touch. Squeeze lime juice over the patties before removing them from the heat. Toast the buns along the side for 30 seconds. **WATCH** to make sure they don't burn.
- 4 While burgers are cooking, dress top buns with mayo, lettuce and red onion slices. Pop the burger on to bottom half of bun and top with the pineapple ring. Sandwich it all together. Serve to hungry guests with your favorite barbecue sides.

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 8 minutes

Total Time: 23 minutes

## Nutrition Facts

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Nutrition (per serving): 688 calories, 368 calories from fat, 41g total fat, 124.4mg cholesterol, 507.8mg sodium, 762.7mg potassium, 46.1g carbohydrates, 3.7g fiber, 18.2g sugar, 34.4g protein.

## Source

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Author: Rachael Ray

Source: The Book of Burger, 2012

