

Patty Melts

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves: 4

CChints: A lot of the preparation for this recipe is done during the cooking of the onions and meat. You can use a variety of different breads to make a Patty Melt but the trick is selecting one that has a definite flavor like whole wheat, rye or a multi-grain. And since the breads come in different shapes, you want to make your hamburger patties in the shape and size of your bread slices, oval, square or round. Using a lean ground beef is healthier and the meat will not shrink as much when it's cooked.



- 1 tablespoon balsamic vinegar
 - 1 teaspoons Worcestershire sauce
 - 2 tablespoons olive oil
 - 8 – 10 thin slices of sweet yellow onion, sliced about 1/4 inch thick
 - 1 pound lean ground beef
 - Dash of salt and pepper
 - 8 slices of bread, about 1/2 inch thick
 - 1-1/2- 2 tablespoons butter, softened
 - 3-4 tablespoons of Dijonnaise® (A mayonnaise and Dijon mustard blend)
 - 1/3 pound thin sliced Baby Swiss cheese (about 8 pieces)
- Serve with chips and dill pickles

You need a large nonstick skillet with a lid and a cast iron skillet for this recipe.

In a small bowl combine the vinegar and Worcestershire sauce. Heat the oil in a large nonstick skillet over medium heat and spread it around. Add the onions and brush them with the vinegar mixture. Cover the pan and cook for about 5-6 minutes, stirring occasionally. During this time, you can start to shape the hamburger patties. Divide the hamburger meat into 4 portions and shape the patties in the same shape and size of the bread slices. Lay them on a plate. When the onions are done, remove them from the pan and put them into a container to keep warm.

Slightly increase the heat under the same pan and add the hamburger patties. Sprinkle with salt and pepper and cook for 3 minutes and do not move them during this time. Reduce the heat back to medium and turn them over for another 3 minutes.

During this time lay out a large piece of waxed paper, large enough to spread out all 8 pieces of the bread. Butter one side of each piece of bread and lay them butter side down on the waxed paper. Spread the Dijonnaise on the reverse side of each slice of bread. Divide the cheese evenly over each piece of bread on the Dijonnaise side, about 1 slice of cheese for each slice of bread.

When the hamburger patties are done, remove the pan from the heat. Transfer them from the skillet and put the directly onto one slice of bread. Divide the cooked onions evenly over each patty. Top with the other piece of bread.

Carefully wipe out the pan with a couple of paper towels and turn the heat under the pan to medium. When the pan gets hot, carefully lay each sandwich in the pan. Lay the cast iron skillet over the top of the sandwiches and cook for 3 minutes. Remove the cast iron skillet and very carefully turn the sandwiches over. The cheese will be hot which makes the sandwiches very slippery and hard to turn. Once you have them turned over, put the cast iron skillet on top again for another 2 minutes.

Transfer each sandwich to a plate and serve with chips and a pickle.