

# “Sweet Heat” Hangover Hamburgers



Maybe you had a long night that involved a few too many and you need a remedy. Maybe you just want to grill up a delicious hamburger. Either way, this is your solution. “Sweet Heat” Hangover Hamburgers contain a secret (and delicious) weapon to fight that horrible hanging feeling: Curry powder. Did you know curry powder’s main ingredient is tumeric, a powerful anti-inflammatory herb that can reduce the mental and physical effects of a hangover? It even protects the body from toxic effects by reducing the inflammation and stress on the liver. Ironically, this burger pairs well with a [Bell’s Brewery Oberon Ale](#).

\*For best results use the [direct/indirect](#) heat grilling method. This burger does not call for cheese, but if you prefer a cheesy burger, add it to the hamburger patties the last 60 seconds of grilling.

Yield - Approx. 4 burgers

## Ingredients:

1 lb Ground Beef (Preferably Grass-fed)  
3 TB Mitten Made “Sweet Heat” (Habanero/Pineapple/Mango Hot Sauce - more or less depending on taste)

1 oz (Half of an envelope) [Onion Flavored Soup and Dip Mix](#)  
1 TB Curry Powder  
2 Cloves Garlic, minced (or ¼ tsp Garlic Powder)  
½ tsp Coarse Kosher Salt  
1 tsp Ground Black Pepper  
1-2 TB Extra Virgin Olive Oil  
4 Brioche Hamburger Buns

Equipment:

Grill (gas or charcoal)  
Medium-sized bowl  
Spatula  
Basting Brush  
Serving Tray

Process:

1. **COMBINE INGREDIENTS:** In a medium bowl, combine the ground beef, soup dip mix, curry powder, garlic, salt, pepper and half of the hot sauce (do not overwork the meat)
2. **FORM THE PATTIES:** Using your combined ingredients, form four to five round, disk-like hamburger patties (each one 1 inch thick and slightly larger in diameter than your buns) Let the hamburgers come to room temperature.
3. **OIL/HEAT THE GRILL:** While your hamburgers are coming to room temperature, using the olive oil and a basting brush, lightly coat the grates of your grill.. Start the grill. Heat the grill to 400°F (maintain between 400°-450°F while cooking).
4. **COOKING THE BURGERS (DIRECT HEAT):** Place your hamburger patties over the direct heat and close the grill. Cook for 2-3 minutes, then using a spatula, carefully flip the patties over, cooking the second side for an additional 2-3 minutes with the grill closed
5. **CONTINUE COOKING (INDIRECT HEAT)/TOAST THE BUNS:** Open the grill and, using a spatula, flip the burgers, this time placing them on the indirect heat side of the grill. Close the grill and let cook for 2-3 minutes. Open grill and flip patties over, close grill and let cook for another 2-3 minutes (depending on how well-done you want your burgers). *\*While in the final 30-45 seconds of cooking, open the grill and place the buns face down on direct heat for a good toasting. Close the grill for the remainder of the cook time (30-45 seconds)*
6. **REMOVE THE BURGERS/BUNS:** Open the grill and, using your spatula, place your toasted burger buns open on a large serving tray. Directly add your burger patties to the bottom buns. Add on the top buns.
7. **ASSEMBLY:** Place the burgers on a serving tray in the center of the table with all of your favorite burger toppings and condiments including the remaining “Sweet Heat” hot sauce. Have everyone assemble their burger to their liking and dig in!