**Big Bear Burgers**

**Prep: 20 min. – Cook: 30 min. – 4 servings**

**INGREDIENTS:**

1lb. ground bear

1 teaspoon Dijon mustard

2 garlic cloves, crushed

handful fresh parsley, finely chopped

1 teaspoon thyme leaves

1 teaspoon sea salt

½ teaspoon cracked pepper

1 egg

4 slices smoked cheddar

4 teaspoons of mayonnaise

4 slices of tomato

4 small sweet pickles

4 small skewers

*Honey Caramelized Onions*

2 tablespoons of extra-virgin olive oil

3 large red onions, sliced

2 tablespoons brown sugar

2 tablespoons honey

**DIRECTIONS:**

*Burger*

Combine all of the ingredients with the ground bear meat. Divide the mixture into 4 patties. Put on a saran wrapped tray and refrigerate for 30 minutes.

*Onions*

Heat oil over low heat, add your onions and a good pinch of sea salt. Cook low and slow for about 15 minutes. Stir occasionally so the onions don’t stick. Once golden, add in brown sugar and honey and cook for 5-10 minutes until sticky.

*Burger*

Heat a dry pan over medium-high heat until it smokes lightly. Press the meat gently to sear and crisp the edges, once cooked on one side, flip, ensure to check the temperature of the patties. Place smoked cheddar slices on patties until they are melting.

Remove patties and place on a plate covered with paper towel.

Stack burger in this order, bottom of bun, mayonnaise, tomato slice, patty with cheese, caramelized onions, top bun. Place a small pickle on the skewer and place through the burger.