



BURGERS WITH GRILLED PINEAPPLE

INGREDIENTS:

400-500 g ground Sokolow beef
3 hamburger buns
few spoons oil

KETCHUP:

400 g tomatoes
1 onion
oil
40 g sugar
pinch of salt
60 ml apple vinegar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
pepper

ADDITIONS:

3 slices fresh pineapple without skin
1 teaspoon cinnamon
few spoons oil
1/2 iceberg lettuce
1/2 avocado

PREPARATION:

1. Cut the tomatoes and onions into large pieces and grill them.
2. Shape 3 burgers a little bigger than the buns (it's a good idea to make a small indentation in the middle of each burger) and brush them with oil.
3. Transfer the grilled vegetables to a saucepan placed on the side burner. Add apple vinegar, cinnamon, and nutmeg. Season with salt and pepper to taste. Cook over a low heat, stirring occasionally.
4. Sprinkle slices of fresh pineapple (without skin) with cinnamon and brush with oil. Grill the burgers and pineapple slices.
5. Shred the iceberg lettuce. Peel and slice the avocado. Cut buns into halves. Brush the bottoms with ketchup (you can blend it with a blender beforehand). Top with iceberg lettuce, pineapple slices, romaine burgers and avocado. Cover with the remaining bun halves.