

## Bowers Farm Pork Burgers

Let's face it ground pork can be pretty tasteless. In searching for something 'good', I found the original recipe for these great pork burgers on [www.simplyrecipes.com](http://www.simplyrecipes.com). I made a few changes, like I usually do with recipes, to tailor it for a lower carb/paleo meal. The Hubs said "you gotta make these again!" LOL Hope you like it!

### Ingredients:

1 pkg Bowers Farm ground pork (1 1/2 lbs)  
2 tbsp organic vinegar, with Mother  
1 onion, finely diced  
1/4 cup almond meal/flour  
1 cup heavy cream or coconut milk  
4 Bowers Farm pastured eggs, lightly beaten  
1 tsp sea salt  
1/2 tsp freshly ground black pepper  
2 cloves garlic, minced  
1 tsp organic Worcestershire sauce (preferably soy-free, but optional)  
A couple of shakes of your favorite hot sauce

Bacon grease, lard or ghee for cooking (or just any good rendered animal fat)

Serve with Dijon mustard Or Bowers Farm's mayonnaise (recipe also found on the website), or both.

### Steps:

Mix the ground pork with two tablespoons vinegar. Let marinate for at least 24 hrs.

Mix the marinated ground pork with everything from the onion to the hot sauce. You can use your hands, but it's really messy! I use a wooden spoon.

In a large pan (I use a cast-iron skillet), add a dollop of your choice of fat. Heat the pan until the fat is just about smoking.

Now, you can try to portion this out into, maybe 8 patties or so, but I just use a 1/4 cup measure to scoop out the pork mixture and drop it into the hot pan, carefully. (You can use a 1/3 or 1/2 cup measure if you like your burgers bigger.) Space them so you don't crowd the pan; there will be several batches. Pat them down with the bottom of the cup measure you are using to better form the patties. Cook the patties over med heat, turning once until golden brown. It should be about 4-5 minutes per side depending on the size of the burgers.

Serve the pork burgers with the Dijon mustard or the Bowers Farm mayonnaise, or both!

Serves 4-6, depending on appetite!

Enjoy!

*Nourishing our Neighbors*

Jim and Mary Bowers  
[www.bowersfarmtn.com](http://www.bowersfarmtn.com)