

Loco Moco

Comfort food from the Hawaiian Islands

A classic Hawaiian dish, Loco Moco is basically steamed rice topped with a juicy hamburger patty, fried egg and smothered with flavourful mushroom gravy. Comfort food at its finest!!

Recipe adapted from justonecookbook.com

Yields: 4 servings

INGREDIENTS for PATTY

- 1 onion, chopped (divided ½ for patty / ½ for gravy)
- Tbsp Olive Oil (we use *Prairie Oils & Vinegars*)
- 1 lb Lean Ground Beef (you could use a combination of ground beef/pork if you prefer • ¼ lb pork / ¾ lb beef)
- 1/3 cup Panko Bread Crumbs
- 1 large Egg
- 2 Tbsp Milk
- 1 Tbsp Worcestershire sauce (or more if you're as obsessed about this stuff as we are)
- Spicy Red Pepper Flakes - to taste
- 1 tsp Kosher Salt
- Freshly Ground Black Pepper

INGREDIENTS for MUSHROOM GRAVY

- 6 large Mushrooms (chopped)
- ½ Tbsp Olive Oil
- 1 ½ cups Beef Stock
- 1 tsp Soy Sauce
- Kosher Salt & Fresh Ground Black Pepper to taste
- 1 Tbsp Cornstarch
- 1 Tbsp Water

INGREDIENTS that will BRING IT ALL TOGETHER

- 4 Large Eggs
- Cooked Sticky Rice such as Japanese Short-Grain Rice (or sticky rice of your choice) Sticky rice works best BUT any rice of choice works)
- Green Onions for garnish



UNGERMEATS

UNGERS
SINCE 1903

DIRECTIONS:

1. Chop onions finely.
2. Heat 1 T Olive Oil in a large pan on medium heat and sauté the onions until transparent.
3. Turn off heat, divide the sautéed onions (half for gravy and half for patty).

FOR THE GRAVY

1. Cut mushrooms into thin slices.
2. Heat ½ Tbsp Olive Oil in a small saucepan on medium heat and sauté until soft. Add half the sautéed onions and combine.
3. Add Beef Stock, Worcestershire Sauce, and Soy Sauce.
4. Season with salt and pepper.
5. In a small bowl, combine Cornstarch with Water and whisk well. Pour into the gravy and thoroughly mix together.
6. Simmer till the gravy is a bit thick. Turn off the heat and set aside.

FOR THE PATTIES

1. In a large bowl, combine the Ground Beef/Pork and the remainder of the onions.
2. Add Panko, 1 Egg, Milk, Spicy Red Pepper Flakes, Salt & Pepper to taste.
3. Mix all together until well combined. Divide into 4 balls.
4. Make 4 large patties. Toss each portion of mixture from one hand to the other repeatedly - about 5 mins in order to release air inside the mixture. (note: if you don't release the air inside, the meat patties will crack).
5. After tossing, make oval shape patties. The top should be slightly round and not flat. Keep the patties in the refrigerator for at least 30 minutes before cooking so that the meat combines together nicely.
6. In a large frying pan, heat ½ Tbsp Olive Oil over medium heat and place the patties gently in the pan. Indent the centre of each patty gently with 2 fingers because the centre will rise with the heat.
7. Cook the patties about 5 mins. DO NOT flip until the bottom of the patties is nicely browned. Cover and cook for 5 mins to thorough cook the inside of the patties. (cooking time will depend on the thickness of your patty).
8. While that is cooking, fry up your eggs (to your liking) and heat the gravy.
9. Serve steamed rice on individual plates. Transfer the patties from the pan to the plates, pour the gravy on and top with fried egg and green onions.

Serve immediately. ENJOY!

UNGERMEATS

UNGERS
SINCE 1903