

Mediterranean Burgers

Thyme & Honey Sourdough Buns

(Makes 6-8)

Ingredients

PAINTED *wolf* WINES FOR
CONSERVATION

- 1/2 cup (120g-125g) sourdough starter
- 1 cup (240ml) milk (plus up to 1/4 cup more if needed)
- 2 tbsp (28g) butter, melted
- 1 tbsp honey
- 3 cups (370g) bread flour
- 1 tbsp fresh thyme, finely chopped
- 1 tsp salt
- Extra butter for brushing

If you don't fancy yourself a baker, your favourite Burger Bun from the local store will do just fine!

Directions

Bake the Sourdough Buns

Note: Start this early in the day or the day before.

- Mix the wet ingredients: Use a fork to mix the sourdough starter and 1 cup of milk in a large bowl. Stir in the melted butter and honey.
- Form the dough: Add the bread flour, chopped thyme, and salt. Knead lightly to combine. If the dough feels too dry, add up to 1/4 cup of extra milk to create a soft dough.
- First Rest: Cover the bowl and let it stand for 1 hour.
- Stretch & Fold: Perform a round of stretches and folds on the dough. Cover and let rest for 30 minutes. Repeat the stretch and fold one more time.
- Cover and let the dough rise for 2 hours.
- Shape & Second Rise: Divide and shape the dough into 6 to 8 smooth balls. Place them into an olive-oil-coated foil tray. Cover and let rise at room temperature for 3 to 4 hours, OR leave them in the fridge overnight.
- Bake at 190°C for 20 to 25 minutes until the tops are beautifully golden. Brush the hot rolls with melted butter immediately out of the oven.

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Wine Pairing Options

Roussanne (The Fresh & Elegant Choice)

Think of this as the ultimate palate cleanser. Its crisp, elegant acidity cuts right through the rich mozzarella and creamy aioli, while its subtle herbal notes match the fresh thyme in the sourdough bun perfectly. It keeps every bite feeling light and fresh.

Viognier (The Rich & Fruity Choice)

This wine is a sensory powerhouse, packed with lush apricot and peach flavors. It has a rich, smooth texture that stands up beautifully to a gourmet burger, and it absolutely loves the sweet contrast of the roasted peppers and balsamic glaze.

Grenache (The Juicy & Vibrant Choice)

Bursting with bright, juicy red berry flavors and very smooth tannins, this red is pure joy to drink. It acts like a splash of summer fruit that lifts the savory weight of the meat and plays beautifully with the sweet balsamic rocket.

Mourvèdre (The Bold & Earthy Choice)

This is a deeper, more robust red with a rustic, savory edge. It carries dark fruit profiles and hints of spice that lock right into the smoky char of the braai, the roasted peppers, and the rich, grilled eggplant.

Pinotage (The Rich & Spicy Homegrown Choice)

Our homegrown hero is bold, plush, and packed with dark plum and sweet spice. It has the muscle to handle a big 200g patty, and its rich fruit profile tastes incredible against the sweet-and-smoky flavors of the toppings.

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Sun-Dried Tomato & Caper Aioli | Patties + Toppings

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CONSERVATION

Ingredients

- ½ cup aioli or high-quality mayonnaise
 - 1 clove garlic, crushed (remove any green stems first; use fresh garlic only!)
 - 2 tbsp sun-dried tomatoes (drained of oil and finely chopped)
 - 1 tsp capers, finely chopped
 - 2 tbsp Italian flat-leaf parsley, finely chopped
 - 1 pinch chili flakes (optional)
 - Salt and pepper, to taste
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- 1kg to 1.2kg minced beef OR minced lamb
 - 1 medium white onion, finely diced
 - 1 tbsp Worcestershire sauce
 - A little oil for frying
 - Salt and pepper, to taste
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- 1 medium-to-large eggplant, sliced into 3/4 cm thick rounds (ideally slightly wider than your burger patties)
 - 2 bell peppers (or 1 jar of store-bought roasted peppers)
 - Mozzarella cheese, sliced (or Chevin/goat's cheese if using lamb)
 - Fresh rocket (arugula), washed and dried
 - Balsamic glaze/concentrate
 - Olive oil (for brushing eggplant)
 - Coarse salt (for sweating eggplant)

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Sun-Dried Tomato & Caper Aioli | Patties + Toppings

Directions



Do this while the buns are baking or the fire/stove is heating up.

- Make the Aioli: Mix the aioli/mayo, fresh crushed garlic, chopped sun-dried tomatoes, capers, parsley, and chili flakes in a small bowl. Season with salt and pepper to taste. Refrigerate until assembly.
- Prep the Eggplant: Salt the eggplant slices generously and let them sit to draw out bitterness. Rinse thoroughly with cold water, pat dry, and brush both sides with oil.
- Prep the Patties:
- Sweat the diced onion in a little oil over low heat until soft and slightly colored. Let it cool.
- In a large bowl, mix the minced meat, cooked onion, Worcestershire sauce, salt, and pepper.
- Use a burger press (or your hands) to shape the mixture into six ~200g patties. Refrigerate for 30 minutes to firm up.

1. Get your coals/pan ready. Roast/grill the whole peppers on the fire/stove until charred, then peel, deseed, and thinly slice. Grill the eggplant slices until tender.
2. Place your patties on the braai/ In the pan and cook to medium-rare. A couple of minutes before taking them off, place a tablespoon of roasted peppers on top of each patty, cover with a slice of cheese, and let it melt. Remove to a warm plate.
- 3.: Slice your fresh sourdough buns in half and lightly toast them - watch them closely so they don't burn!
4. Assemble:
 - Spread a generous layer of the sun-dried tomato aioli on the bottom bun.
 - Add a slice of grilled eggplant.
 - Top with the cheesy, pepper-crust burger patty.
 - Toss the fresh rocket with a drizzle of balsamic concentrate and pile it on top of the patty.
 - Close with the top bun, pick it up with clean hands, and enjoy!

Serving Suggestion: This pairs perfectly with crispy baked potato wedges and a crisp Greek salad.