

Chef John's Loco Moco



This amazing Hawaiian comfort food classic is made by topping rice with a fried burger, which is then smothered with a rich, brown gravy and finished with a fried egg. Seriously, how did it take until 1949 for someone to think of this combination? We all get hangry sometimes, so whether you're a broke student or an older professional who just wishes you were, this cheap, filling bowl of goodness is the perfect solution. Garnish with green onions.

Prep: 15 mins

Cook: 15 mins

Total: 30 mins

Servings: 2

Yield: 2 servings



Ingredients

2 (4 ounce) patties ground beef

1 pinch salt and freshly ground black pepper to taste

1 pinch cayenne pepper

For the Gravy:

1 ½ cups beef stock

4 teaspoons soy sauce

1 teaspoon Worcestershire sauce

2 drops sesame oil, or to taste

2 teaspoons ketchup

2 teaspoons white sugar (Optional)

4 teaspoons cornstarch

2 teaspoons unsalted butter, divided

2 tablespoons minced green onions, white and light green parts only

Directions

Step 1 Season patties with salt, pepper, and cayenne.

Step 2 Whisk beef stock, soy sauce, Worcestershire sauce, sesame oil, ketchup, sugar, and cornstarch together in a bowl.

Step 3 Melt butter in a skillet over medium-high heat. Cook patty in the hot skillet until a browned crust forms on the bottom, about 5 minutes. Flip; toss in green onions and cook the other side until both beef and onions are browned, 4 to 5 minutes more. Remove patty and most of the green onions to a plate.

Step 4 Pour beef stock mixture into the skillet. Stir, scraping up browned bits from the bottom, until thickened, about 2 minutes. Reduce heat to low and reserve gravy until needed.

Step 5 Melt remaining butter in another skillet over medium heat. Add eggs to the skillet and fry side-by-side until whites are set and yolks are still runny.

Step 6 Divide rice between 2 serving bowls. Place patties over the rice, spoon gravy on top, and add the fried eggs.

Chef's Notes:

I do recommend using a thinner patty, around 4 ounces, which will make this easier to eat, as well as provide a better beef-to-rice-to-gravy ratio. I had a pound of meat and decided to make two portions, but in hindsight I should have saved half for something else.

Tips

2 eggs

2 cups hot cooked white rice

The beef patty is standard, but SPAM(R) is also used, as is roast pork, and even seafood.

Nutrition Facts

Per Serving: 608 calories; protein 33.5g; carbohydrates 59.6g; fat 24.7g; cholesterol 266.8mg; sodium 962.9mg.

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