

How to Grill Hamburgers

FROM NEWGRASS FARM, LLC 715-675-0688 WWW.NEWGRASSFARM.COM
YOUR SOURCE FOR SIMPLY DELICIOUS GRASS-FED BEEF

Keys to Success:

1. Don't Underseason

A dusting of salt on the exterior just doesn't cut it. Put the ground beef in a bowl and lightly break up the meat with your hands. Sprinkle evenly with salt. It will take about 3/4 of a teaspoon of salt per pound of meat. You can add other seasonings too, at this time such as onion or garlic powder.

2. Don't Overwork

Ground beef is not play-doh. The more you handle it the denser and more rubbery it will become when cooked. After seasoning, gently shape the patties. As soon as the patties hold together, stop!

3. Fight the Battle of the Bulge

Hamburgers tend to bulge in the middle when cooked. To prevent this, use the palm of your hand to press a 1/4 inch divot into the center of the patty before cooking. It will cook up flat.

4. Don't Press

Flip the burgers after they have developed deep brown grill marks. Don't press on them, because that will squeeze out the juices.

Great burgers start with a clean, non-stick grill

1. Superheat to clean

The self heating function of your oven blasts away gunk. You can do the same with your grill. Place a sheet of heavy duty aluminum foil on top of the grill grates. The foil will reflect heat so the grill will get hot enough to burn off the gunk.

2. Scrape clean

Use a good grill scraper and brush to clean the grates as best as you can.

3. Slick it down

Grab a wad of paper towels with a pair of long handled tongs and dip them in a bowl of vegetable oil. When the towels have absorbed the oil, run them over the grill grates.

4. Make it non-stick

The oil will burn off at first. Continue to dip the towels into the oil and slick down the grate; it will become “non-stick.” When the grate turns black and glossy, your grill is good to go.

Temperature Guide

If you want to consistently cook burgers just how you like them, use a good instant read thermometer. Take the temperature of the center of each burger.

Medium-rare: 125-130 degrees, 2-3 minutes per side

Medium : 135-140 degrees, 3-4 minutes per side

Medium-well: 145-160 degrees, 4-5 minutes per side

Well-done: 160 degrees and up, 5 minutes and up per side

Tips adapted from:
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