

# 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:  
*Cooks Country Magazine*  
Published by:  
*America's Test Kitchen*  
[www.americastestkitchen.com](http://www.americastestkitchen.com)