

# Simple (and Perfect) Grilled Burger

**Serves:** 4

**Total Time:** 1.5 hours

## **Ingredients**

1 1/2 pounds beef, combination of chuck, sirloin, short rib - whatever you like! Just keep it around 80/20 fat ratio

kosher salt and freshly ground black pepper

canola oil

pats of butter

buns

*optional toppings:*

thin slices of cheese - american, swiss, cheddar - again whatever you like!

sliced tomatoes

pickles

onions

lettuce

sliced tomatoes

mayo

dijon mustard

ketchup

## **Directions**

Form the meat into 4-equal patties, around 6-oz each and no more than  $\frac{3}{4}$  inch thick. Make sure not to overwork them when forming.

Using your thumb, make a depression in the center of each burger to keep them from puffing up. Place a small pat of butter in that depression. Cover and refrigerate for 1 hour.

Right before grilling, season the outside of the burger liberally with kosher salt and freshly ground black pepper.

Heat your grill to high and brush with canola oil. Place the burgers on the grill and allow them to sit without moving them or pressing them down for at least 3 minutes. This will form those great grill marks and give the burgers a crust on the bottom. Once the crust has formed, use a spatula to flip the burger and cook to the desired doneness. Another 3 minutes for medium rare, 4 minutes for medium, 5 minutes for medium-well, and 6 minutes for well-done.

Add cheese to melt if desired and throw your bun on the grill to toast. Top with your favorite toppings, eat and enjoy!