

How to Make Perfect Burgers

This tutorial is part of Heinen's Kitchen Tips and Techniques series designed to give everyone the skills and confidence they need to make any recipe. Instructions were provided by Heinen's partner, Chef Billy Parisi.

Ingredients

- 80/20 ground beef (use ratio you prefer)
- Salt and Pepper
- 4 toasted buns
- Lettuce
- Tomato, sliced
- Onion, sliced
- Pickles, Sliced,
- Your favorite Cheese



Instructions

For Shaping the Patties

1. Shape your meat into 4-6 oz. patties
2. Press the burgers down to make them flat. Patties that will be cooked on the stove should be flatter than those cooked on the grill.
3. For patties being cooked on the grill, press down in the center of the patties with your thumb to create a little valley.
4. Season the patties with salt and pepper on the top side.

For Cooking Patties on the Grill

1. Ensure that your grill is between 450°F and 550°F.
2. Lay the meat on the grill and place an ice cube in the center indent of each patty to help maintain moisture and tenderness.
3. Cook the patties for about 4 minutes per side, closing the door each time you flip to allow those smoky flavors to get into the burgers.
4. Remove from heat and begin assembling (see instructions below).

For Cooking Patties on the Stove

1. Place a cast-iron skillet on your stove top over medium heat and add a little oil.
2. Place the burgers in the skillet and cook for 2 to 2 1/2 minutes per side until they have a nice brown sear on the outside and are cooked to the reach the desired temperature in the middle.

For Assembling Burgers

1. Start with a toasted bun on the bottom followed by lettuce, sliced tomato, sliced onion, sliced pickle.
2. Add the cooked patty, your favorite cheese and the toasted top bun.