



Perfect Grilled Burgers

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 4

Ingredients:

- 1 1/2 pounds ground beef (80/20 blend for best results)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon Worcestershire sauce
- 4 hamburger buns
- Toppings (lettuce, tomato, cheese, pickles, onions, etc.)
- Condiments (ketchup, mustard, mayo, etc.)

Instructions:

1. Preheat the Grill:
2. Preheat your grill to medium-high heat (about 375-400°F or 190-200°C).
3. Prepare the Burger Patties:

4. In a large bowl, gently mix the ground beef with salt, black pepper, garlic powder, onion powder, and Worcestershire sauce. Be careful not to overmix, as this can make the burgers tough.
5. Divide the mixture into 4 equal portions and shape them into patties about 3/4 inch thick. Make a slight indentation in the center of each patty with your thumb. This helps the burgers cook evenly and prevents them from puffing up.
6. Grill the Burgers:
7. Place the burger patties on the preheated grill. Cook for about 4-5 minutes on the first side. Avoid pressing down on the patties with a spatula as this can squeeze out the juices.
8. Flip the burgers and cook for another 3-4 minutes for medium, or until they reach your desired level of doneness. Add a slice of cheese during the last minute of cooking if you prefer cheeseburgers.
9. Toast the Buns:
10. During the last few minutes of grilling, place the hamburger buns on the grill, cut side down, and toast until lightly browned.
11. Assemble the Burgers:
12. Remove the burger patties and buns from the grill. Let the patties rest for a couple of minutes to allow the juices to redistribute.
13. Assemble the burgers with your favorite toppings and condiments.

Tips for Perfect Burgers:

- **Choose the Right Beef:** Use an 80/20 blend of ground beef (80% lean, 20% fat). The higher fat content helps keep the burgers juicy.
- **Indent the Patties:** Making a small indentation in the center of each patty helps them cook evenly and prevents them from puffing up in the middle.
- **Don't Overwork the Meat:** Gently mix and shape the patties to avoid compacting the meat, which can lead to dense, tough burgers.
- **Chill the Patties:** Let the formed patties chill in the refrigerator for about 15-30 minutes before grilling. This helps them hold their shape better and reduces shrinkage.
- **Resist the Urge to Press:** Avoid pressing down on the patties with your spatula while they're grilling. This forces out the juices and can lead to dry burgers.
- **Rest Before Serving:** Allow the cooked patties to rest for a couple of minutes before serving. This helps retain the juices and keeps the burgers moist.