



Tips for the Perfect Burger

Should I add any seasonings to the meat?

Purists would say no; seasoning ground beef in advance can make for a dry burger when cooked to well done. However you can avoid this by adding shredded cheese or softened butter. Another popular method is to add an egg to each 1.5 pounds hamburger and 1/8 cup of dry bread crumbs to the seasoning process of your ground beef. Delicious!

Any tips on forming my perfect burger patties?

Cold meat and cold, wet hands. Chill your hands under cold running water and work gently and quickly so you don't overwork the meat. Handling the meat delicately prevents the burgers from getting too dense and firm, and keeping it cold prevents the fat from melting, which would also make the burgers tough. The thick burger - at least one inch thick - will allow you to develop a seared crust on the outside and tender on the inside. Another tip, helpful but not necessary, let the patties rest in the refrigerator for an hour after forming. They will cook more uniformly on the grill.

To salt or not to salt?

Yes! Salt is essential to bring out the flavor of the burger, and it crusts deliciously when cooked over the fire. But if added too far ahead of cooking, it will draw out the juices, drying out the meat. Sprinkle salt and freshly ground pepper very heavily over both sides of the burgers just before you put them on the grill.

What's the best way to grill my perfect burgers?

Start with a clean, hot grill. First sear them over high heat to develop a crust, then move them to a cooler part of the grill to cook. Don't press down on them with your spatula while cooking... this will only squeeze out the juices and dry them out.

How do I know when my burgers have achieved perfect burger status?

Poke it, Don't pierce it: Medium-rare is softly yielding, medium is semi-firm, well-done is firm.

Any suggestions for buns and toppings?

Bakery fresh Kaiser rolls or soft buns, cut sides spread with butter and grilled for a few seconds is terrific! Raw or grilled onion, your favorite cheeses, Our Family brand Ketchup, Mayo, or Steak Sauce... every burger is a personal preference masterpiece! The options are endless!



For more great recipes, visit www.dystesgrocery.com