

Rick's Pan-seared (or Grilled) Hamburgers

Total Prep Time: 15 minutes

Demo by Rick Jerz

There are countless ways of making hamburgers. This is one of Rick's favorites.

Ingredients

6 Servings

		Cost (for 6 servings)
2.25	Lbs. 100% Grass Fed Ground Beef, 80%-85% lean	\$16.85 (@ 7.49/lb) (Whole Foods)
1.5	T. Cajun Spice	\$.25, (Amazon)
1	T. Ancho Chili Spice	\$.38, (Spice Way)
2	T. Worcestershire Sauce	\$.26 (Costco)
1	t. Liquid smoke, Mesquite	\$.13 (Lunds)
6	Brioche Buns	\$6.99 (Whole Foods)
1	Slice Sharp Cheddar Cheese, optional	(\$9/block Costco)
Total Cost		~\$25 for 6, about \$4.25 per serving

Steps:

Heat the pan or grill to about 400 degrees.

Combine the first five ingredients and mix by hand. Measure approximately 175 grams per burger. Using your hands, shape the mixture into a patty, approximately four to five inches in diameter (to fit the bun diameter). Cook each side for about four minutes. After flipping to the second side, add the cheese slice.

Place the cooked patty on the bun. Add any ingredients you enjoy, such as grilled onions, pickles, Cumin-Chipotle Ketchup, Dijon mustard, lettuce, and tomato slices.

Supplies for Cooking

Pan or grill, bowl, measuring scale, measuring spoons, wax paper, splatter guard frying pan screen, Winco medium stainless steel spatula.

Wine or Beverage

Bourbon Manhattan



Rick's Food and Recipes Web Page

https://www.edu-gen.com/personal/food/food_recipes.html