

The Perfect Hamburger

Yield: 1 serving

Grill or Grill Pan

4 ounces	ground chuck, (80/20%)
	Garlic salt
	Sea salt
	Ground pepper
1	hamburger buns, toasted
2 slices	cheese (cheddar)
2	pickle slices
	Mustard
	Catsup

1. Crumble the ground chuck in a shallow pan or bowl. Sprinkle with garlic salt, sea salt, and ground pepper. Lightly form into a patty. Place onto a plate and press your thumb into the center of each patty to create an indentation. Refrigerate for 20 minutes.
2. Place on grill. Do not turn or touch the meat for 4 minutes (Set a timer if needed). Turnover and cook the second side for 4 minutes. Turn back over, place a piece of cheese on the meat, and cover with a lid or the cover of the barbeque for 2 minutes. These will be medium. (see chart for other doneness)
3. Place burger on a toasted bun and top with catsup, mustard, and onions.

Doneness Chart:

Medium-rare: Cook the patty on one side for four minutes, then turn it over and cook for an additional four minutes.

Medium: Cook patty on one side for four minutes. Turn it over and cook for another four minutes, then back on the other side for another 2 minutes.

Medium well: Cook patty on one side for four minutes. Turn it over and cook for an additional six minutes, then back on the other side for another 4 minutes.

Well done: Cook patty on one side for four minutes. Turn it over and cook for an additional seven minutes.