

# COOKING WITH CHRIS!

## The PERFECT Hamburger



### Ingredient

**The Meat Shop's World Famous Ground Chuck** (Either 80/20 or 93/7) 1.5-2# pack

**The Meat Shop Steak Seasoning**

Avocado Oil (Olive Oil can be substituted)

Hamburger Buns (optional)

Tomato Sliced (optional)

Red Onion Rings (optional)

Butter Lettuce Half Leaf (optional)

Mayonnaise (optional)

Ketchup (optional)

Mustard (optional)

**Prep Time:** 5 minutes

**Yield:** 4-5 **AMAZING** burgers

**Cook Time:** 5-7 minutes

### **Process**

Purchase 1.5-2# pack of **The Meat Shop's World Famous Ground Chuck** (80/20 or 93/7)

Sit **TMS WFGC** on counter around one hour before grilling so that meat is room temperature (Do **NOT** allow to sit out of refrigeration for longer than 4 hours to comply with health department standards)

Remove film from **TMS WFGC** package and quarter package meat with lines via knife or hand

With hands, roll each quarter of **TMS WFGC** into a ball

Place paper plate on counter or table. Throw ball of **TMS WFGC** onto plate so that it flattens

Continue to flatten with palm of hand

With palm of hand still on **TMS WFGC**, take opposite hand and smooth edges. Thickness should be  $\frac{3}{4}$  to 1 inch

Repeat until all balls of **TMS WFGC** are into patty form

Season with **The Meat Shop Steak Seasoning**

Allow seasoning to sit on burgers a minimum of 30 minutes before grilling

Heat Grill to 350 degrees

With your thumb press a 1/2 inch dimple into each patty

Place burgers on grill dimple side up

Fill each dimple with Avocado or Olive Oil

Grill first side of burger for 3-4 minutes until Avocado or Olive Oil turns red

Flip burgers and cook other side for 2-3 minutes

Pull burgers from grill

Let “rest” or sit for 5 minutes

### **Plating**

Assemble burger to your liking

I prefer untoasted bun, **TMS WFGC** patty, Red Onion Ring, Tomato Sliced, Butter Lettuce Leaf, Mayonnaise and Ketchup

**YUM!!!**

**ENJOY!!!!**