

# Hamburgers



Recipe courtesy of Food Network Kitchen

Show: How to Boil Water Episode: The Perfect Hamburger



Level: Easy

Total: 25 min

Prep: 10 min

Cook: 15 min

Yield: 4 hamburgers

## Ingredients:

24 ounces ground chuck  
1 teaspoon kosher salt  
Freshly ground black pepper  
Spice Mix, optional, recipe follows  
1 tablespoon vegetable oil  
4 slices cheese, such as Cheddar, American, Swiss blue cheese, and Swiss, optional  
4 soft hamburger-style buns, split  
4 slices beefsteak tomatoes, optional  
Assorted lettuces and greens, such as iceberg, romaine, or watercress  
Assorted mustards, such as whole-grained, Dijon, or French's, optional  
Mayonnaise, optional  
Ketchup, optional

### Spice Mix:

1 tablespoon Worcestershire sauce  
2 teaspoons garlic powder  
2 teaspoons onion powder  
Hot Sauce, to taste

## Directions:

- 1 Preheat the oven to 450 degrees F. Place a roasting rack on a foil-lined baking sheet in the oven.
- 2 Using your hands, break the meat into small pieces and combine evenly but loosely on a parchment or waxed paper-lined baking sheet. Spread the meat out and season it generously with salt and pepper. If desired, add the spice mix at this time.
- 3 Divide the meat into 4 portions (about 6 ounces each). Using your hands, form each portion into a ball-shape by gently tossing it from 1 hand to the other. (Don't over work or press too firmly on the meat.) Gently form each portion into a patty about 3 1/2 inches wide and 1-inch-thick.
- 4 Preheat a large cast iron skillet over medium-low heat for 5 minutes. Raise the heat to high and add the oil. Add the patties and cook, turning once, until well-browned, about 2 minutes each side.
- 5 Using a spatula, transfer the hamburgers to the roasting rack in the oven and continue cooking to desired doneness, 8 to 9 minutes for medium-rare, 10 to 11 minutes for medium, and 13 to 15 minutes for well-done. If you are using the cheese, top the hamburgers during their last couple of minutes of cooking to melt.
- 6 Transfer the hamburgers to a plate, let rest for a couple minutes before serving. Meanwhile, toast the hamburger buns. Assemble the hamburgers with the condiments and toppings of your choice. Serve.
- 7 When cooking on a countertop grill, turn on grill, then place burgers on the heated grill.
- 8 Timing for a countertop grill:
- 9 For Medium-Rare: Cook for 3 minutes covered and then unplug the machine and continue to cook covered for 2 to 3 more minutes.
- 10 For Medium: Cook for 4 minutes covered and then unplug the machine and continue to cook covered for 4 more minutes.
- 11 For Well: Cook for 5 minutes covered and then unplug the machine and continue to cook covered for 5 more minutes.

### Spice Mix:

- 12 Combine all ingredients.

