

1. How to Make a Smash Burger

Gabriel Fink



Image Credit: Jeff Mauro

The smash burger is an American staple that dates back to the early 20th century that is still a common feature of diners across the United States. What makes a smash burger different from other hamburgers is that the patty begins as a meatball which is smashed into a thin patty on a hot flat-top grill. There are a few variations on this method of making a burger like grilling it in mustard or smashing onions into the burger, but this recipe will cover just the classic smash burger.

2. Ingredients and Utensils

This recipe will make approximately 8 burgers. Feel free to make any changes to burger toppings and choice of bun.

- 1 lb. of ground beef
- Salt and pepper for seasoning
- Burger buns
- Cooking oil
- Lettuce
- 1 whole white onion
- 2 large tomatoes
- American cheese
- Sliced pickles
- Ketchup

- Mustard
- Mayo
- 1 large pan (cast iron works best) or flat cooktop
- 1 large spatula
- 1 heavy object for smashing
- Parchment paper

3. Preparation

Prep Time: ~30 minutes Cook Times: ~15 minutes

1. Begin heating your cooking surface at the highest setting. It is ready when you can see your cooking oil shimmer when put on the surface.
2. Prepare your ground beef by forming it into 8 loosely formed meatballs. Then sprinkle each one with a bit of salt and pepper.
3. Chop your onion and tomato into ¼" thick rounds.
4. When your cooking surface is ready, cover it with a thin layer of cooking oil.
5. Pick up a meatball with a piece of parchment paper and place it on the cooking surface. Then use your spatula and weight to smash it beneath the parchment paper until it is very thin and the edges of the patty are almost breaking apart. Don't worry, american cheese hides all sins.
6. Cook each side of the patty for about a minute, or until the edges of the patty are nicely browned and crispy. Place a slice of american cheese over the patty after the first flip to let it melt.
7. Remove the patty from the cooking surface and place onto a sliced bun.
8. Top with your lettuce, tomato, onion, pickle, ketchup, mustard, and mayo then enjoy!