

Know your Meats

BBQ Beef Burger

Summer is coming!
from your Local Craft Butcher



The Best kind of Beef to buy for Burgers:

When buying beef for burgers, there's just one basic rule of thumb: Go for good quality beef mince with a little fat content.

A good burger is one that is nice and juicy when you bite into it, and you just won't get that juiciness if the beef mince is too lean. Burgers are usually cooked at a fairly high temperature to get a nice crust or char on the outside.

Seriously good!



How to Cook the Juiciest Beef Burger Ever!

Ingredients:

- 2 pounds of beef mince
- 1 egg, beaten
- 3/4 cup breadcrumbs
- 2 tablespoons Worcestershire sauce
- Pinch of cayenne pepper
- 2 pinches of seasalt
- 2 cloves garlic, thinly sliced



Directions:

1. Preheat grill for high heat.
2. In a large bowl, mix the beef mince, egg, bread crumbs, Worcestershire sauce, cayenne pepper, and garlic using your hands. Form the mixture into 8 hamburger patties.
3. Lightly oil the grill. Grill patties 5 minutes per side, or until well done.

BBQ Tip:

Flip the Burgers Once and Only Once! Constant turning will toughen and dry out meat, and if you flip too soon, burgers will stick. Cook 2 minutes per side for rare, 3 for medium-rare, 4 for medium, and 5 for well-done.

