

Texas hamburgers

Follow the following steps and techniques that are layed out below. Salt and pepper is really all you need for added flavor, but if you are the experimental type, feel free to add ingredients like different spices or flavors into the meat at any time before cooking. Again, the most important thing to remember is not to over-handle everything.

1) Buy about 1/2 lb. of ground chuck per person or hamburger. It needs to be chuck because that is the most flavorful ground beef with just the right amount of fat. That's because it comes from only one cut of meat. Fat content should be about 15-22%(Check with your butcher if you're not sure if his chuck meat is).

2) Chill the ground chuck until ready to form patties. With clean hands, take enough meat to form into balls about the size of a baseballs. Then press down, either in your hands or on a clean cutting board. Press and shape, using your hands and fingers to form the edges. Be careful not to over-handle the meat in this step. The patties don't have to be perfectly round. Patties should be about 1/2 inch thick. Season with salt and pepper and anything else you might like.

3) Fire up your grill, and when it is good and hot(medium to low-sized flames are about right) place patties on grill directly over flames. Now close the lid and leave it closed for about 3-

4 minutes. Do not be tempted to open the lid, and definitely do not ever poke the patties with a fork or knife, or press patties down with a spatula, as all the juice will drip out.

4) Open lid, flip burgers, close lid again, and leave for another 3-4 minutes. Check doneness by pressing slightly with a finger or the end of the spatula. It should be firm (about the same as the flesh between your thumb and forefinger). Here you can put a slice of cheese if you like and leave just a minute or so, until cheese just starts to melt.

5) Take the burgers off the grill with the spatula and turn off grill. Serve on fresh hamburger buns with any toppings you like.