



HOMEMADE BURGERS

Prep Time: 10 Minutes

Cooking Time: 7 minutes

Difficulty Rating: ●○○○○

Ingredients:

3.25 pounds grounded (70% beef/ 30% fat)
Fresh chopped chives
Coarsely chopped garlic
Pickled jalapenos, sliced
Red onion, finely chopped
2 wheels of feta cheese
Grounded pepper
Coarse sea salt
Olive oil

Method

1. Preheat the grill to high heat, between 392°F - 482°F.
2. Mix all the ingredients together, make sure not to overwork the meat.
3. Overworking the meat will make the burgers dense and dry.
4. Gently using your hands, form meatballs with the meat then gently press them down to take the shape of burger patties.
5. Lightly brush the patties with some olive oil and throw them on the grill.
6. 3 minutes a side will get you a nice and pink center, 4 minutes for medium.

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