

Grill Great Hamburgers

By Sherry Hogan

Burgers often come off the grill tough, dry, and bulging in the middle. Making a shallow depression in the center of the patty was the first step toward a great burger.

Grilling a burger is easy and fast. Just follow the steps and it will turn out perfect every time. It is easy and should take about 20 minutes.

Here's How:

Take your ground beef (seasoned as you like) and form into patties 1 inch thick by 5 inches in diameter.

Oil the cooking grate on your grill. You can use cooking spray or oil on a paper towel.

Preheat grill to a high temperature.

Quickly place all the patties on the hot grill and close the lid.

Wait about 2 to 3 minutes.

With a metal spatula test to see if the burger easily lifts from the grate. If not continue grilling, until it does.

Flip all the patties provided they lift easily.

Close lid and continue grilling for another 2 to 3 minutes.

Once again check the patties to make sure they have released from the grate and flip one more time.

Continue grilling until juices from the burgers run clear and the patties have a solid feel.

Remove from grill and check to make sure they are cooked through by using a fork to pierce through the center.

If the burgers are too pink in the middle, return them to grill for another minute or so. Otherwise serve as desired.

Tips:

A hot grill is one you cannot hold your hand over. To test place your hand just above the cooking grate. If it's too hot to do then the grill is just right.

When making hamburger patties make sure they have a consistency that will hold together on the grill.

Following are some recipes to help spice up your grilled burger.

Stuffed Cheeseburger

These are seasoned and stuffed hamburgers with a taste of potato and cheese. Serve on buns with condiments of choice. Serves six people.

INGREDIENTS:

- 1 large potato, peeled and shredded
- 1 cup shredded Swiss cheese
- 1 cup chopped fresh mushrooms
- 2 pounds lean ground beef
- 2 (1 ounce) packages dry onion soup mix

DIRECTIONS:

Preheat grill for high heat.

In a medium bowl, mix together potato, cheese, and mushrooms.

In a large bowl, mix ground beef with onion soup mix. Form into 6 large burger patties. Make a pocket in each burger, stuff with potato mixture, and seal.

When ready to grill, brush grate with oil. Cook burgers over high heat for 5 minutes on each side, or until well done. Serve hot.

Sweet Onion Burgers

A juicy burger full of succulent sweet onions. Serves four people.

INGREDIENTS:

- 1 large sweet onion, chopped
- 1 pound lean ground beef
- Salt and pepper to taste

DIRECTIONS:

Preheat grill for high heat.

In a large bowl mix together the onion, beef, and salt and pepper to taste. Form into patties.

Lightly oil grate, and place burgers on grill. Cook for 3 to 5 minutes per side. Remove from grill, and serve with your favorite condiments.

Corn Burgers with Cumin

This recipe utilizes ground and whole cumin seeds. Serve these burgers in pita bread with shredded Co-Jack cheese, fresh cilantro, and diced tomatoes. Serves four people.

INGREDIENTS:

1-pound ground beef
3 teaspoons ground cumin
3 teaspoons cumin seeds
1 cup whole corn kernels, cooked
Salt and pepper to taste

DIRECTIONS:

Preheat grill for high heat.

In a large bowl, combine beef, ground cumin, cumin seeds, corn, and salt and pepper. Mix together and form into patties.

Lightly oil grate, and place patties onto grill. Cook the burgers for 3 to 4 minutes per side, or until done.

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