



CHRISTOPHER CREEK

Spice Company

Mid-Week Meals

The Perfect Burger

Makes 4 Burgers



- 1 – 2 pounds 80/20 Ground Beef
- 4 Sesame Seed Buns
- 4 slices Cheddar Cheese
- 4 slices Red Onion
- 4 slices Tomato
- 4 pieces Lettuce
- Mayonnaise
- Mustard
- Ketchup



Divide the ground beef into four equal portions and shape into balls*. On a plate flatten out the ground beef and form into patties about 1/4 - 1/2 inches thick. Liberally season the patties with Beef Rub, cover with plastic wrap and let them rest at room temperature for 30 minutes. *Do not over work the meat as this will result in tough burgers.

Prepare grill for direct high-heat...the burgers are cooked directly over the heat source, gas or charcoal.

Cook the burgers on the grill over direct high heat for 2 – 4 minutes per side. Do not try and turn the burgers too soon as the meat will stick to the grill. Also do not press down on the burgers during grilling as this will force out the juices and leave the burgers dry.

Remove the burgers from the grill and let them rest at room temperature for 5 minutes.

Arrange the burgers to your liking and do not forget to pile on your favorite picnic side dishes...Enjoy!

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