

Smash Burgers (beef)

Prep: 10 mins. Cook: 6 mins. Serves: 6 patties

Ingredients

1 lb. ground chuck (80/20)
kosher salt or season salt (to taste)
black pepper (to taste)
6 slices cheddar cheese (or your favorite cheese)
6 hamburger buns, cut in half
Toppings: lettuce, tomatoes, onions (optional)



Instructions

1. Preheat a flat-top griddle or cast-iron skillet to high heat.

Slice the hamburger buns in half. Set aside.

2. Divide the ground chuck into 6 equal portions (about 1/3 c. for each).

Roll each portion into balls.

Place the hamburger balls onto the hot griddle.

Place a piece of parchment paper on top of the burger, then use a burger press or a spatula and press down very firmly.

Remove the parchment paper, then season the burger with salt and pepper.

Cook the burgers until they are browned, about 1-2 minutes until edges and bottom of the burger are browned.

3. Gently flip each burger and immediately top each one with one slice of cheese.

Cover the burgers with a lid to melt the cheese (optional).

Continue cooking the burgers until cheese has melted and the edges and bottom of the burger are browned.

4. Preheat the broiler.

Place the hamburger buns in the broiler to lightly toast. * Keep an eye on them so that they do not burn.

5. Place your burger on the bun and spread a generous amount of sauce and add your favorite toppings.

Serve immediately with your favorite dipping sauce.