



## **Burger Mastery – Juicy, Creative, and Crave-Worthy**

### **The Foundations: The Perfect Patty**

- **Meat Matters:**
  - Use 80/20 ground beef (80% lean, 20% fat) for juicy results.
  - Avoid over-mixing the meat—keep it loose and handle it minimally.
- **Shaping Tips:**
  - Make a shallow dimple in the center of each patty to prevent puffing.
  - Use a jar lid for shape with plastic wrap to shape
  - Chill patties before cooking to help them hold their shape.

### **Seasoning Secrets**

- **Keep it Simple:** Just salt and pepper on the outside right before grilling. Seasoning too early pulls moisture out.
- **Mix-ins (if desired):**
  - Finely minced onion or shallot is a great trick if you like your meat well done
  - Worcestershire sauce for umami.
  - Garlic powder or smoked paprika for depth.

## **Cooking for Juiciness**

- Do Not Press the Patty: Pressing squeezes out juices.
- Only Flip Once: Wait until the bottom has a good sear (usually 3-4 minutes).
- Internal Temp:
  - Medium-rare: 130-135°F
  - Medium: 140-145°F
  - Use a meat thermometer for best results.

## **Creative Add-Ins and Toppings**

- In the Patty:
  - Crumbled bacon and cheddar.
  - Jalapeños and cream cheese.
  - Chopped sun-dried tomatoes and basil.
- On Top:
  - Fried egg with hot honey drizzle.
  - Crispy onion rings and BBQ sauce.
  - Avocado slices and chipotle mayo.
  - Sautéed mushrooms with Swiss and thyme.

## **The Bun & Build**

- Bun Tips:
  - Toast the buns for texture and flavor.
  - Brioche, potato, or pretzel buns add flair.
- Build Order:

- Bottom bun, sauce, lettuce (to block juices), patty, toppings, top bun.

## **Global-Inspired Burgers**

### **1. Greek Lamb Burger**

- Lamb patty, feta, cucumber, red onion, tzatziki sauce
- Bun: Pita or brioche

### **2. Banh Mi Burger**

- Ground pork or beef, pickled carrots/daikon, cilantro, jalapeños, sriracha mayo
- Bun: Toasted baguette or ciabatta

### **3. Italian Caprese Burger**

- Beef or turkey patty, fresh mozzarella, tomato, basil, balsamic glaze
- Bun: Ciabatta or focaccia

### **4. Jamaican Jerk Burger**

- Jerk-seasoned patty, grilled pineapple, pepper jack, jerk mayo
- Bun: Sweet Hawaiian

### **5. Korean Kimchi Burger**

- Beef or pork patty, kimchi, gochujang aioli, scallions
- Bun: Sesame

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## **Vegetarian & Plant-Based Burgers**

### **6. Portobello Swiss**

- Grilled portobello cap, Swiss cheese, caramelized onions, arugula

- Bun: Whole wheat

#### 7. Falafel Burger

- Crispy falafel patty, tahini sauce, tomato, cucumber
- Bun: Pita or flatbread

#### 8. Spicy Black Bean Burger

- Black bean patty, avocado, chipotle mayo, pepper jack
- Bun: Brioche

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### **Sweet & Savory Mashups**

#### 9. Maple Bacon Donut Burger

- Beef patty, cheddar, maple-glazed bacon
- Bun: Glazed donut (over-the-top fun!)

#### 10. Apple & Brie Burger

- Turkey patty, brie, thin apple slices, honey mustard
- Bun: Multigrain

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### **Classic with a Twist**

#### 11. Breakfast Burger

- Beef patty, fried egg, cheddar, hash brown, hot sauce
- Bun: English muffin or brioche

#### 12. Mac & Cheese Burger

- Beef patty, creamy mac & cheese scoop, bacon bits
- Bun: Classic sesame

#### 13. Chili Cheeseburger

- Beef patty, chili, cheddar, red onions
- Bun: Potato bun

#### 14. Blue Cheese & Bacon

- Beef patty, crumbled blue cheese, crispy bacon, arugula
- Sauce: Garlic mayo or fig jam