

Hamburger Cooking Methods

Please note: The FDA recommends 165 degrees F for a well done burger.

Season your ground beef and make your patties then use one of the following methods to make your burger. Serve with your favorite buns, toppings, and condiments.

Oven Instructions:

- Preheat the oven to 425°F/220°C. Place your burger on a baking sheet in the oven for 10-15 minutes, checking temps as you cook. When it's done, allow it to rest for 5 minutes.

Air Fryer Instructions:

- Place your burger on the air fryer tray/basket. Set the air fryer to 375°F and set time for 9-13 minutes, turning over halfway through cooking.

Pressure Cooker Instructions:

- Add your wire rack in the bottom of the inner pot along with 1 cup of water. Place your burger on the rack (not in the water) and seal. Set your pot on high pressure for 10-13 minutes. At the end of the time, allow your pot to Natural Pressure Release (NPR) for 5 minutes before releasing the pressure. When the time is up, sear or broil your burger for color.

Sous Vide Instructions:

- Set your immersion circulator to whatever doneness you prefer, but go 5-10 degrees lower to sear after and not go over your desired doneness. Seal your burger in a leak proof bag and remove the air. Set to cook for 110 minutes (or whatever your machine suggests). When the time is up, sear or broil your burger for color.

Stove Top Instructions:

- Heat your skillet (cast iron preferred) over medium/high heat. When the pan is hot, add your burger. Cook until beef is nicely seared and they've browned halfway up the sides. Flip the burger and finish to your desired temperature.

Grill Press Instructions (with probe):

- Preheat your grill to 400°F. If using a temperature probe, set it to your ideal burger doneness minus 5 degrees. (The residual heat from the grill will continue to cook your burger for about 5 minutes and help it reach the ideal temp). Place your burger on the grill and allow the top to press lightly (heavy press will squeeze out all the juices). This will take 5-9 minutes depending on the thickness of your burger and how cold it started.

Smoked on outdoor grill:

- Preheat your grill to 330°F. Place your burger on the grill and smoke for 25-40 minutes or until the internal temp reaches your ideal doneness.