Grill Skills 101

How to Grill a Hamburger

You will need

1 Grill with gas or with charcoal
1 Spatula
1 Wire Brush
1 Washcloth, hand, terry cloth
1 Hamburger Patty, ground chuck
1 Bowl
4 oz. Vegetable Oil
1 tsp. Seasoning Mix
1 Drink (Beverage of your choice)

Directions

Get the grill "HOT"!! About 400F for home grills and 750F + for the professional grills. Place hamburger patty in bowl with 1 oz. of oil and 1 tsp. of seasoning depending on the size of the hamburger patty. Massage seasoning into patty. Set aside.

To prepare the grill, brush rails with a wire brush, get them clean from ash, charred pieces or any residue. Dip cloth into oil. Wipe rails with cloth.

Lay the hamburger patty on the rails of the grill. Cook the patty for 4-5 minutes or so. The outside edge of the patty will turn gray and juice will rise on the top of the patty. Turn patty over and make sure that the lines on the patty are straight and in line with the rails on the grill. Let the patty cook for 4–5 minutes. The patty will begin to turn gray and the juice will rise on the top. This is a rare - medium rare hamburger. One set of stripes on each side of the steak.
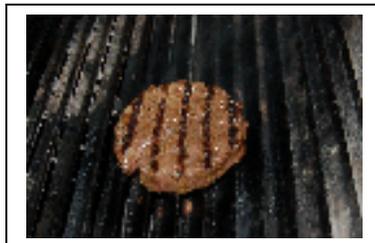
Turn patty over but at a 90° angle in the opposite direction. The patty will be at horizontal angle to the rails on the grill. Cook the patty for 4 minutes. This is a medium rare – medium patty. One set of stripes on one side and one set of diamond marks on the other side.

Turn steak over again keeping the same horizontal position on the grill. Cook the steak 3-4 minutes. This is a medium – medium well patty. Two sets of diamond marks on each side of the steak.

I prefer not to cook hamburger patties any more than this but if you wish follow the same procedure as cooking a steak well done. For cheese burger, simply lay the cheese on top of the patty the last two minutes of cooking time. If you have a lid on the grill close the lid to help melt the cheese.
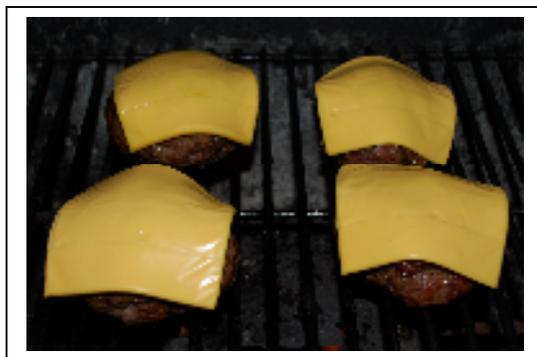
Here's a "POP QUIZ" Is this guy on the Daniel Plan or Not?