Juicy Lucy Burger

Description

these cheese-stuffed burgers ooze cheesy goodness with every bite, be sure to aim any cheese drips over your French Fries.

Summary

Yield: 4
Prep Time: 45 minutes
Category: Meats
Cuisine: American
Tags: Football Hamburger

Ingredients

- 4 slices american cheese
- 1 1/2 lb ground chuck - 15 - 20 % fat
- 1 1/4 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp worcestershire sauce
- 1/4 tsp pepper

Instructions

Cut each slice of cheese in half, then in half again to form 4 squares.

Stack the pieces on top of each other to form 4 stacks; set aside.

Place the meat in a large bowl and add the salt, garlic powder, Worcestershire, and pepper.

Mix with your hands until just evenly combined.

Divide the meat into 8 equal portions and place on a work surface.

Using your fingertips, press 2 portions of the meat into 2 rough 1/4-inch-thick patties that are each about 1 inch wider in diameter than the hamburger buns.

Place 1 stack of cheese in the center of 1 of the patties.

Top with the second patty and pinch the edges to form a tight seal.

Cup each patty with your hands to round out the edges, and press on the top to flatten slightly

into a single thick patty.

Transfer to a plate.

Repeat with the remaining portions of meat and cheese to form 4 patties in total.

Refrigerate while you prepare the grill.

Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F).

When the grill is ready, use tongs to rub the grate with several layers of paper towels dipped in vegetable oil.

Place the reserved patties on the grill, close the grill, and cook undisturbed (do not press down on the patties) until dark grill marks appear on the bottom, about 3 to 4 minutes.

Using a spatula, flip the patties, close the grill again, and cook until grill marks appear on the second side and the patties are cooked through, about 3 to 4 minutes more.

Remove to a clean plate and let rest in a warm place or tent loosely with foil for 5 minutes.

Place a patty on each bun bottom, top with pickles, and cover with a bun top.

Serve immediately.

Notes

Make sure the burger patties rest after cooking so that the juices redistribute in the meat and the cheese isn't dangerously hot when you bite into the center.