

Barbecue Hamburger Recipe



Juicy Delicious Barbecue Hamburger

Recipe notes: This recipe may seem long, but it's not hard or complicated. I just want you to understand what's going on so you get the best results. After you make this barbecue hamburger recipe a few times, you'll be able to do it in your sleep.

The patties in this barbecue hamburger recipe are 7 ounces each. This makes a good sized burger; it's not too small and it's not too big, it's just right!

I've made a lot of burgers, (in restaurants and at home), and a 7 ounce burger will be big enough to satisfy most of your guests.

The proportions for this barbecue hamburger recipe are based on this size burger, that's why the recipe calls for 2.25 lbs ground chuck. This makes 5 patties with an ounce to spare.

To make sure the burgers are all the same size and are done at the same time, I recommend that you use a [kitchen scale](#). It helps to insure consistent results. Place some plastic wrap

over your scale to make cleanup a breeze.

If you don't have a [kitchen scale](#), just divide the meat into equal proportions the best that you can.

A [kitchen scale](#) is nice to have in your kitchen. I use mine all the time, especially for dividing up meat and for baking.

You want to cook your burgers over medium high to high heat. For a [charcoal grill](#), use enough charcoal to fill a large chimney starter. If your grill is large enough, you may want to build a modified two level fire so you can toast the buns after the burgers are done.

To build this modified two level fire; after the coals are ready, spread a single layer of coals over one third of the charcoal grate. Spread the remaining coals over the remaining two thirds of the grill. You'll cook the burgers over the hotter side and toast the buns over the cooler side. (The side with the single layer of coals.) If you don't want to do this, you don't have to; you can toast the buns with your oven broiler.

For a [gas grill](#), adjust your burners to high for about ten minutes to heat up the grill, then turn it down to medium high for cooking your beef patties. After the burgers are done, turn the burners to low to toast the buns.

For the patties

- 2.25 lbs ground chuck
- 2 Tbs Worcestershire sauce
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1/2 tsp granulated garlic
- 1/2 tsp granulated onion

Fixings...

- Large barbecue hamburger buns
- Mayonnaise
- Mustard
- Ketchup
- Hamburger dill pickle chips
- 1/2 medium yellow or red onion, thinly sliced.
- 10 Slices medium cheddar cheese

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- Prepare your grill for direct, medium to medium high heat cooking.

- Place a 2 foot long sheet of heavy duty aluminum foil on your work counter.
- Break the 80/20 ground chuck apart and spread in onto the aluminum foil. See the picture below.



80/20 Ground Chuck on Foil

- Sprinkle the Worcestershire sauce, kosher salt, freshly ground black pepper, granulated garlic and granulated onion onto the meat. Toss gently to combine.
- Using your [kitchen scale](#), divide the meat into 7 ounce portions.
- Use a [burger press](#) to form you patties.
- To form the patties by hand; Toss the meat back and forth in your hands to form a ball. Press the ball into an even patty about the size of the palm of your hand. Place the patty back onto the aluminum foil and press to form a patty about 3/4 of an inch thick. Make sure it's a little bigger than the bun so that it covers the bun after cooking. Push the edges of the patty in with the palm of you hand so there's no jagged edges. See the picture below.



Seasoned Barbecue Hamburger Patties Ready for the Grill

- When your grill is ready, clean your grate.
- Grill the burgers for about 4 minutes per side for well done. 3 minutes per side for medium and about 2 1/2 minutes per side for medium rare. Only flip the burgers once and do not press down on the burgers with a spatula, a press or anything else.
- Right before you pull the burgers off of the grill, place two slices of the cheese on each of the hot patties. Keep the patties warm by tenting them with foil or by placing them in a warm oven.
- If using a [gas grill](#), turn the burners to low and toast the buns. If using charcoal, toast the buns over the single layer of coals or use your oven broiler. Watch the buns carefully and check them often so they don't burn. They only take a minute or two to toast.
- Remove the buns. Spread your mayonnaise on the bottom part of the bun. Add mustard and ketchup to the top part of the bun. Place your lettuce and tomato on the bottom bun, the onion and pickles on the top bun. This is the classic hamburger setup. See the picture below.



Classic Hamburger Setup

Place your patty on the bottom bun, place the top bun on the patty and enjoy! Serve immediately with french fries, potato salad, [beans](#) or whatever else you like.