

SMASH BURGER

Serves: 4

Tools needed: Heavy spatula, cast iron skillet, griddle or flat cooking surface

Once you learn how to make a smash burger, you'll never go back! This quick, easy burger is juicy and not too thick, with crispy edges and crust. All you need to get started is ground beef, a cast iron pan on the grill or stove and a spatula.



INGREDIENTS:

- 1 pound Felton Angus Beef
- Avocado Oil
- Salt & Pepper
- Sliced Cheese: American Cheese, Cheddar or Colby Jack
- Optional Toppings: bacon, onions, lettuce, tomato, pickles, avocado, mustard, ketchup, mayo

DIRECTIONS:

1. Divide ground beef into 4 equal portions. Loosely form into balls with your hands (do not form patties).
2. Heat cast iron skillet (on grill or stove), griddle, or flat top grill to medium-high heat. Get it hot!
3. Add oil to heated surface.
4. In batches if needed, place ground beef ball onto hot skillet.
5. Using a flat broad spatula, smash burgers flat.
6. Season with salt and pepper (or your favorite rub).
7. Cook undisturbed (don't keep smashing, once is enough) until edges are browned, about 2 minutes.
8. Flip patties, season with salt and pepper.
9. Place slice of cheese on top of each burger.
10. Cook until cheese melts to desired doneness (1 minute for medium-rare).
11. Serve with all your favorite burger toppings: bacon, onions and condiments.



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