



Dry Aged Beef Burgers – Elegant and Elusive for a Special Occasion

2 dry-aged burgers, $\frac{3}{4}$ to 1 inch thick
Black pepper sprinkle as desired
1/2 teaspoon salt
2 potato or pretzel buns split
2 slices white cheddar cheese if desired
Caramelized onion – see attached recipe
2 Tablespoons herb butter (tarragon or parsley)
2 Tablespoons Meathead's special sauce or Mayo Sauce (see recipes)*
2 lettuce leaves of your choice
2 large tomato slices

Black Pepper Sprinkle

1/4 teaspoon black pepper
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
In a small bowl, stir all ingredients together.

Information about Dry Aged Burgers: Directions we used:

Most people are concerned about meat being tender and having good flavor. Since Dry Aged Beef Burger Meat is already ground, we don't have to worry about it being tender, but what makes these burgers extra special is the flavor. The meat is very expensive, very rich, and contain upwards of 30 to 35% fatty content. When you grill this meat, you need to watch so you don't lose the special flavor of the aged beef in the char of the grill.

Our dry aged burgers, prepared by an expert butcher, were about 1-inch thick so we needed to find a way to cook the meat that would create crispness and browning while leaving the burger nice and juicy. Another concern was that the burger might fall apart on the grill. This encouraged us to try a suggested method, using a cast iron skillet. The result was a burger with a crisp crust and a moist, juicy texture. We didn't have any grease flare-ups or powerful smoke. Since we were working outside, we didn't have to worry about stove fans.

Before Grilling: Prepare Caramelized Onions and Special Sauce

Directions for Grilling:

Sprinkle patties with black pepper sprinkle but not salt. Heat your grill to 350 degrees; heat cast iron skillet over heat until hot. Add patties; brown well on one side, about 5 minutes; then flip and brown on the other side about 4 minutes. The juices will sizzle and spatter as fat releases in pan. With meat thermometer, check the internal temperature. Continue to grill until internal temperature is 140-150 degrees F. Sprinkle patties with salt when the burgers are about 20 degrees F below the temperature you want. Place a slice of white cheddar cheese over burger, letting it melt if desired. Remove the burger pan from the grill when burgers are 5 degrees F below the desired temperature. Some experts suggest 130 degrees but we preferred to follow more conservative methods for health reasons. If you grill to 150 degrees F and then let it rest, the patties will continue to cook to a safe internal temperature.

About the buns: Lightly spread the inside of buns with about 1 to 2 Tablespoons herbed butter. Place buns on indirect side of grill, cut side down. They will brown quickly so check often. Remove; set aside.

Prepare; caramelized onions before making burgers; keep warm:

2 Tablespoons vegetable oil
2 medium onions, thinly sliced
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Heat oil in skillet over medium heat; add onions, season with salt and pepper; cook stirring occasionally until onions are softened and starting to lightly brown, about 10 minutes. The natural caramelized onions will be delicious on your burger. Set aside to stay warm. We prepared them this way when we made the burger recipe.

Note: While cooking my onions at a Beef Contest, I discovered that brown sugar wasn't needed to caramelize those sweet onions. But if you want to kick them up, cook them longer and add some tomato paste, then white wine vinegar, Worcestershire sauce, and hot sauce. Stir in butter and brown sugar. Add a little water, if mixture is dry. Now you have some BBQ onions to add to your burger. Set aside to stay warm.

***Meathead's Glop Hamburger Secret Sauce**

Makes. About 3/4 cup (This is about one-half of his recipe)

Preparation time. 5 minutes if you take a nap during the process.

Ingredients

1/4 cup mayonnaise
1/4 cup Barbecue Sauce or ketchup
2 tablespoons yellow mustard
1/2 tablespoon Tabasco chipotle
4 teaspoon kosher salt
1/8 teaspoon garlic powder
Whisk everything together in a bowl until smooth.

OR TRY THIS MAYO SAUCE:

Special Mayo Burger Sauce

Ingredients

1/2 cup mayonnaise
4 tablespoons sweet pickle relish
2 tablespoons yellow mustard
1 teaspoon white wine vinegar
1 teaspoon paprika
1 teaspoon onion powder
1 teaspoon garlic powder

Method

Put them all in a bowl and stir with a fork to blend. Slather on two all beef patties with lettuce, cheese, pickles, and onions on a sesame seed bun.

To Serve Each Burger:

Layer the parts the way you enjoy your burgers or do it up fancy by:
Spreading some sauce on inside toasted bun top and bottom if desired, layer lettuce leaf, tomato slice, burger with melted cheese, dollop of caramelized onions, and bun top. Enjoy the Elegant Exclusive Dry Aged Beef Burger

For More Information See:

http://amazingribs.com/recipes/hamburgers/hamburger_secret_sauce_and_condiments.html

<http://www.gloriagoodtaste.com/july-2016-grilling-healthy-meathead-grilled-steaks-grilled-fruits/>

<http://www.epicurious.com/recipes-menus/grilled-steakburger-burger-from-ground-steak-bbq-article>

<http://aht.seriousseats.com/archives/2013/05/the-burger-lab-dry-aged-burgers.html>

What are dry aged meats?

Beef aging is a process of preparing beef for consumption, mainly by breaking down the connective tissue. Dry-aging can take from 15 to 28 days, and typically up to a third or more of the weight is lost as moisture.

Dry-aged beef is typically not sold by most supermarkets in the U.S. today

The process changes beef by two means. Firstly, moisture is evaporated from the muscle. The process creates a greater concentration of beef flavor and taste. Secondly, the beef's natural enzymes break down the connective tissue in the muscle, which leads to more tender beef.

For More Information See: https://en.wikipedia.org/wiki/Beef_aging

About the Recipe: These are special occasion burgers because they use an expensive ingredient, dry aged beef. They are very rich and contain 30 to 35% fatty content. If prepared in a cast iron skillet, the burger will have a crisp crust and a moist juicy texture. Serve on toasted herb buttered bun with some caramelized onions and a secret sauce. Add your favorite go-alongs, like lettuce, tomatoes, and melted cheese.