



Steakhouse Steakburger *By Meathead Goldwyn*

Before you start, Have a good instant read digital thermometer with a thin probe. Don't trust your grill thermometer.

Makes. 2 burgers, 8 ounces each, about 3/4" thick x 4" wide

Preparation time if you grind the meat yourself. 30 minutes

Cooking time. 30 to 40 minutes

Ingredients

1 pound loosely ground short rib meat or chuck steak, 20 to 30% fat

1/4 teaspoon freshly ground black pepper

1/4 teaspoon onion powder

1/4 teaspoon garlic powder (*not garlic salt*)

1 teaspoon kosher salt

2 buns – (your choice; we used pretzel buns)

Toppings:

4 slices high quality thick bacon, optional

2 iceberg or Romaine lettuce leaves, cold

2 slices of raw Vidalia, Walla Walla, or red onion, about 1/8" thick, broken into rings

2 slices of wide tomato

Spread:

2 tablespoons Meathead's Burger Glop (see spread recipes)

Meathead's Notes about Meat:

About the meat: His favorite is ground beef short ribs. If you can get it boneless, you still need to remove the silverskin just below the top fat cap. It is more common bone-in, so you need to buy almost double what you need because you need to remove the silver skin, the bones, and the leathery cartilage wrapped around them. If rib meat is not available, go for chuck.

Optional mix-in. Mix in 1 ounce of finely raw chopped bacon. If you do, cut the salt in half.

Directions:

Preparation Steps:

1. Prepare condiments; chill in refrigerator

2. Set up your grill for 2-zone cooking with water bath under grill to catch drippings. The indirect side should ideally be about 225°F. Try to keep it under 250°F.

3. On a charcoal grill, push all the coals against one side of the grill and raise them up about 1 inch below the food grate.

On a gas grill. Turn one or two burners on high and leave the others off. Locate the spot on the surface where the temp is close to 225°F. That's where the meat will go.

When the food grate is hot, clean it well with a wire brush or another tool.

Recipe:

1. Mix the black pepper, onion, and garlic powder in a small bowl. Spread the meat out on a plate and sprinkle the spices onto the meat distributing it evenly. Gently form balls of meat about 2" across and weigh them. Adjust to 8 ounces each. Try to smooth over deep crevices. With your hands, gently press them into disks about 3/4" thick and about 4" wide.

2. Place wood chips or pellets on the coals or, if you are using gas, in a packet or aluminum pan as close to the hot burner as possible. Place the burgers on the indirect side. If you are cooking bacon to go on top, put 2 strips per burger on the grill in the indirect zone near the burgers. Close the lid and leave everything alone. Don't peek. Cook about 10 minutes.

3. Put on a heat resistant glove and push the tip of your thermometer in the side, go past the center, and slowly back it out. The lowest temp is the one that counts. Check all burgers. Turn the burgers over, cook another 10 minutes, check the temp, and poke it gently again. It should have stiffened. You do not need to flip them often.

4. When the burgers are about 20°F below the temp you want, sprinkle them generously with salt, brush them with vegetable oil, and move them to the direct zone. The oil will help seal in moisture, conduct heat, and keep them from sticking. If you are on a gas grill, crank it to Warp 10. If necessary take the meat off while the hot side heats up, lid down.

6) Lightly spread the inside of buns with about one to two Tablespoons melted butter if desired. Place buns on the indirect side, cut side down. They brown quickly; then set them aside.

7) Put the burgers on the direct side, leave the lid up so all the heat is concentrated on one side of the burger. If the fire flares up, move the burger to a spot that doesn't have a flare because flares can burn the surface and deposit soot. On a charcoal grill you can also use a small squirt gun to tame flares. Be careful not to kick a lot of ash onto the meat.

Flip the meat over every minute for even browning. The interior will warm, but not too much. Remove the burgers when the interior reaches 5°F below the desired temp. Don't overcook them while waiting for the second side to be perfect.

8) Spread the Burger Glop on the bottom so it can help hold the burger in place. Then place the tomato, lettuce leaf, and onion rings on the top. The glop will also help keep the juices from destroying the bun. I like to spread a little extra Glop under my bun top too. Expect this burger to be juicy!

For More Information: See:

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

Information about a technique called reverse sear or red neck sous

vide: It works on steaks, chops, even baked potatoes. It is one of the most important techniques you can learn as you master the grill.

Why does the "reverse sear" work? This is amazing!

I'm sure that you were told that you should sear the burgers at the beginning and that seals in the moisture. The bottom line is it squeezes out moisture. Also if you try to sear a cold burger, the exterior has to go from 40°F fridge temp to about 300°F at which temp the Maillard reaction kicks in and browning occurs rapidly. That's a distance of 260°F. By the time the exterior is right, the interior is overcooked.

But if you **cook the burger low and slow** it will lose very little moisture, **warm evenly from top to bottom, and then when you move it to high heat**, you only need to bring the mass of meat from 120°F to 300°F, a distance of only 180°F. Searing happens faster, there is less moisture loss, less heat transmission to the center, and a much better burger.

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Cook's Note: I think that I would like this burger just a little smaller, like about 1/3 pound. The flavor was delicious and the sauce spread was addictive. It really only needs that little tomato, lettuce, and onion ring. We made this burger twice and it took 50 minutes on our grill.

About this Recipe: Meathead worked for a long time to perfect this burger. It's really big, weighing in at 8 ounces, and with all the trimmings, just trying to take a bite is a challenge. Once you accomplish this, you will be treated to a slightly charred juicy burger smothered with the most flavorful secret sauce, Meathead's Burger Glop, tangy tomatoes, sweet onions, and crunchy lettuce. It is a real man size burger!