



# Smash Burger

## Ingredients:

- 1 pound ground chuck (80/20 blend)
- 4 hamburger buns
- 4 slices of cheese (American, cheddar, or your preference)
- 1/4 cup finely diced yellow or white onion
- 2 tablespoons butter, divided
- 1 tablespoon vegetable oil
- Salt and pepper to taste
- Your favorite burger toppings (lettuce, tomato, pickles, etc.)

## Instructions:

1. **Prep the patties:** Divide the ground chuck into 4 equal portions. Form each portion into a loose ball. Do not overwork the meat.
2. **Heat the griddle:** Heat a cast iron griddle or large skillet over medium-high heat. Add the vegetable oil.
3. **Smash the burgers:** Once the griddle is hot, place the balls of beef on the griddle. Use a sturdy spatula to smash each ball flat, creating a thin patty. Season the patties with salt and pepper.
4. **Cook the burgers:** Cook the burgers for 2-3 minutes per side, or until they are cooked to your liking. Add a slice of cheese to each burger during the last minute of cooking.
5. **Toast the buns:** Add 1 tablespoon of butter to the griddle. Toast the hamburger buns cut-side down until golden brown.
6. **Assemble the burgers:** Place the cooked burgers on the toasted buns. Top with your favorite toppings.

## Tips:

- Use a griddle or heavy-bottomed skillet for even heat distribution.
- Don't overcrowd the griddle. Cook the burgers in batches if necessary.
- Use a thin, flexible spatula to smash the burgers for the best results.
- For extra flavor, add a tablespoon of butter to the griddle while the burgers are cooking.



**Additional Information:**

- **Prep Time:** 10 minutes
- **Cook Time:** 10-15 minutes
- **Serves:** 4 people