

Doug's Burger Tips

[Doug Keiles of Ribs Within BBQ](#)

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Let's start with the meat. I am not going to tell that you to grind your own meat, but that, of course, yield the best meat. So the next best thing is a fresh grind from a butcher. If that is not available, a fresh ground 80/20 blend from the supermarket will work. Make your own burgers, please...When you form them by hand, the spices you add in meld with the fats in the meat to create new layers of flavor. It doesn't matter if you like thin, thick, mini or huge burgers. Make it yourself and it will taste better.

So here are some ideas to try. While I love cooking burgers over an open flame, I enjoy a cast iron griddle top on the grill even more. The flavors get re-absorbed as the outside sears on the hot griddle. But cook them as you do best and try some of these...

Flavors – I don't use filler or egg in my burger, just meat and spices and pack hard.

1. Soy sauce – adds a rich, salty flavor. Add about 2 tablespoons in a pound of meat. Garnish with ketchup and pickles.
2. French onion soup mix – adds salty and savory onion flavors. Follow the instructions on the side of every package. Garnish with lettuce and tomato.
3. Frank's Red Hot – adds zip and twang to the burger. 2 tablespoons per pound of meat, but add one or two more for extra hot. Great with blue cheese or a blue cheese salad dressing.
4. Ribs Within Special Burger - Texas Rub and Rub4All add a sweet and peppery flavor, while highlighting the natural beefiness of the burger. 1 tablespoon of each in 1 pound of meat. Garnish with Hot or Sour Pickles.

If none of those do it for you, there is always the classic salt and pepper, ketchup, mustard, lettuce and tomato. But I say think outside the box, or bun in this case. Be Bold. Burger Up!