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Tips for Better Grass-Fed Beef Burgers

First, Start With the Right Ground Beef

Grass-fed beef is leaner than conventional beef, making fat ratio critical. An 80/20 blend gives the patty enough fat to stay juicy and flavorful, and thawing in the refrigerator rather than on the counter helps preserve quality and moisture before cooking.



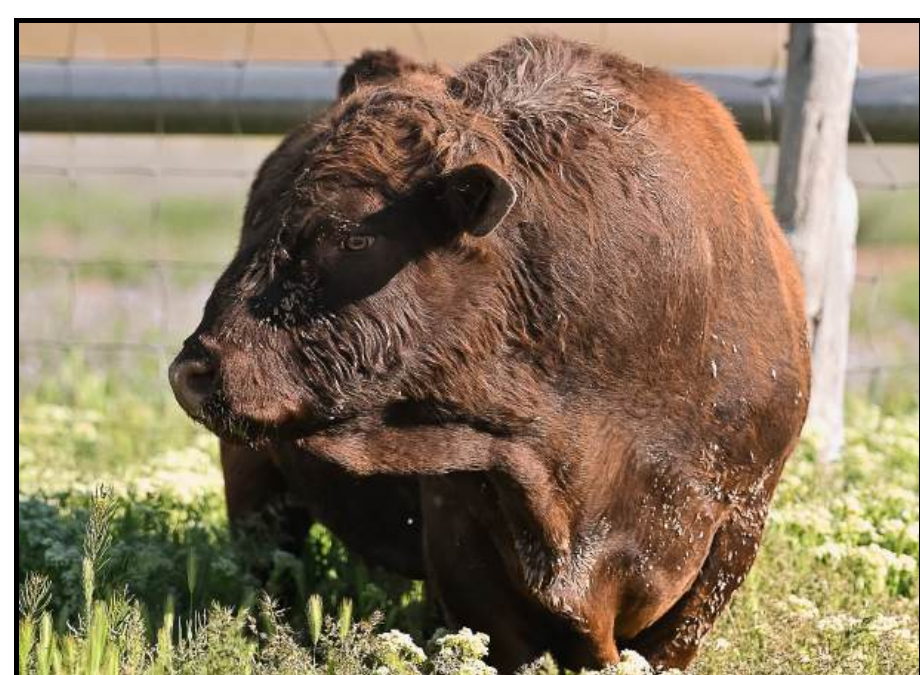
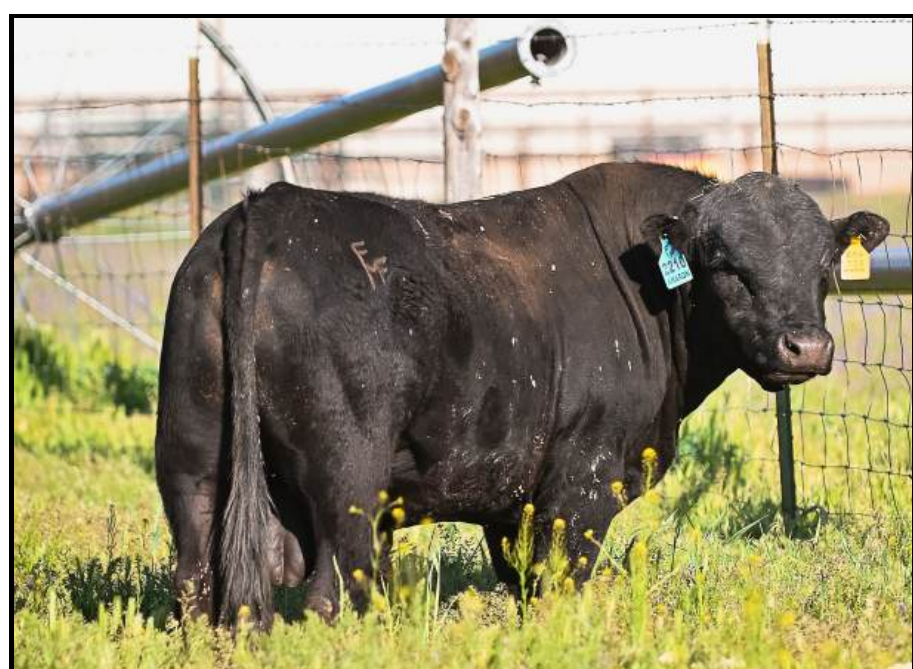
Second, Handle It Gently

Overworking ground beef compresses the proteins and produces a dense, chewy patty. Shape cold beef into loosely formed patties, press slightly wider than the bun to account for shrinkage, and press a small dimple into the center to help the burger cook more evenly throughout.



Third, Season the Outside, Not the Mix

Mixing salt into ground beef affects protein binding and increases handling, both make the patty firmer and denser. Form patties first, then season the outside with salt and pepper right before cooking to preserve texture and let the beef's natural flavor shine.



Fourth, Control the Heat and Watch the Temperature

Grass-fed beef overcooks easily on high heat, use medium heat to let the outside brown while the inside cooks through. An instant-read thermometer is more reliable than color since grass-fed beef is darker when raw. Rest patties a few minutes after reaching 160°F before serving.

Fifth, Keep the Toppings Simple

A well-made grass-fed burger doesn't need much help. A toasted bun, sharp cheddar, caramelized onions, crisp lettuce, or a simple sauce adds contrast without overwhelming the beef's flavor, the goal is complementing the patty, not covering it up with competing ingredients.

