

Smash Burgers

Learn to make perfect smash burgers with crispy edges and juicy centers. Simple technique creates restaurant-quality burgers at home in 15 minutes.

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| 15 | 15 | 30 | 4 | Easy |
| PREP MIN | COOK MIN | TOTAL MIN | SERVINGS | DIFFICULTY |

Smash Burgers

Ingredients

- 1 lb ground beef
- 1 onion
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the beef**

Divide 1 lb ground beef into 4 equal portions, about 4 ounces each. Form each portion into a loose ball with your hands, being careful not to overwork the meat.
- 2 Heat the cooking surface**

Heat a cast iron skillet or griddle over high heat until it begins to smoke, about 5 minutes.
- 3** Place the beef balls on the hot surface, spacing them at least 3 inches apart. Immediately press each ball down firmly with a wide spatula or burger press until flattened to about 1/4 inch thick.
- 4** Season the flattened patties immediately with 1 tsp salt and 1 tsp black pepper, dividing evenly among all four burgers.
- 5** Cook the patties undisturbed for 2-3 minutes until the edges are deeply browned and crispy and the bottom develops a dark crust.
- 6** Flip the patties with a thin spatula and immediately top each with 1 slice cheese. Cook for 1-2 minutes more until the cheese melts and the second side is browned.
- 7 Toast the buns**

Place 4 hamburger bun halves cut-side down on the hot skillet and toast for 30-60 seconds until golden brown and crispy.
- 8 Assemble and serve**

Place each patty on a toasted bun bottom, add desired toppings, and top with the remaining bun half. Serve immediately while hot.

Tips

Use 80/20 ground beef for the perfect balance of flavor and juiciness. Leaner meat will result in dry burgers, while higher fat content can cause excessive grease.

Preheat your cast iron skillet or griddle until it's smoking hot. This ensures immediate searing and proper crust formation when the beef hits the surface.

Form loose balls of beef without overworking the meat. Over-handling develops the proteins too much and can result in tough burgers.

Smash the patties only once, immediately after placing them on the hot surface. Multiple smashes will squeeze out juices and create dry burgers.

Season generously with salt and pepper right after smashing. The seasoning should hit the hot meat to enhance flavor development.

Don't flip too early – wait until you see the edges browning and the bottom has developed a proper crust, about 2-3 minutes.

Toast your buns on the same cooking surface to pick up some of those flavorful browned bits and add textural contrast.

Serve immediately after assembly while the patties are still hot and the cheese is melted for the best texture and flavor experience.