

The Best Grilled Hamburger Recipe

An easy recipe and all of the tips that you need for perfect, juicy grilled hamburgers!

Course Dinner
Cuisine American
Keyword grilled burgers, grilled hamburger recipe, grilled hamburgers, grilling hamburgers

Prep Time 10 minutes
Cook Time 8 minutes
Chilling Time 1 hour
Total Time 1 hour 18 minutes

Servings 6 hamburgers
Calories 271kcal
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5 from 3 votes

Ingredients

- 2 lbs. ground beef (80/20 mix or 85/15 mix)
- ¼ cup finely diced onion
- 2 teaspoons Worcestershire sauce
- 1 ½ teaspoons kosher salt
- ¼ teaspoon pepper
- Optional, for serving: buns and other toppings

Instructions

1. Place all ingredients in a large bowl. Use a fork (or your fingers) to gently, evenly distribute the seasonings. Be careful that you don't overwork the meat, which can result in a dry, dense burger.
2. Divide the mixture into 6 equal portions. Use cupped hands to gently toss one portion of meat into the shape of a loose ball. Flatten into a 1-inch patty, pressing a small dimple in the middle. This small indentation will prevent the burgers from "puffing up" during cooking. Repeat with remaining beef to shape 5 more patties.
3. Place the patties on a tray that has been lined with wax paper or parchment paper. Cover loosely with plastic wrap and refrigerate for at least 1 hour.
4. Heat a gas grill or grill pan on high (about 450-500°F). Oil the cooking grate and cook until burgers are lightly charred on each side (about 3-4 minutes per side). The total cooking time will depend on the temperature of your grill and the thickness of your patties.

Notes

- **Keep the Meat Cold:** Shape the patties quickly, and then give them time to chill in the refrigerator before cooking. If the meat gets too warm while you're forming the patties, the

fat may melt and smear. This causes the fat to separate from the lean meat, so that more fat drips off during the cooking process and yields a dry, dense burger. The chilling time also helps the meat hold together so that your patties don't fall apart on the grill (since we're not using any binders like egg or bread crumbs).

- **Add Seasoning Before Grilling:** Season the meat before you form the patties. This will ensure that your hamburgers are evenly seasoned all the way through -- rather than just sprinkling some salt on top at the end.
- **Don't Over-Mix:** Be gentle when combining your ingredients and shaping your patties. Over-mixing the meat will yield a dry, dense burger.
- **Make Indentations in Your Patties:** This small dimple in the middle of the hamburger patties will prevent the burger from puffing up into a round ball when it cooks on the grill.
- **Don't Press Down on the Burgers:** Don't press down on the burgers while they're cooking on the grill. It might be tempting, but pushing down just squeezes out the fat that you want to keep inside for juicy, flavorful hamburgers.
- **Allow the Burgers to Rest:** Don't cut or bite into the hamburgers as soon as they come off the grill. Allow them to rest for a few minutes, which gives the juices time to redistribute through the meat. This way you end up with a nice, juicy burger!

Nutrition

Serving: 1 hamburger patty (not including bun or toppings) | Calories: 271kcal | Carbohydrates: 1g | Protein: 30g | Fat: 15g | Saturated Fat: 6g | Cholesterol: 98mg | Sodium: 701mg | Potassium: 511mg | Fiber: 1g | Sugar: 1g | Vitamin C: 1mg | Calcium: 20mg | Iron: 3mg