

**Kraft***Heinz*

## 10 Essential Tips to Make Your BEST Burgers



- 1. Keep 'em juicy:** The more you handle a burger mixture, both before and during cooking, the tougher and drier your patties will be. Mix any seasonings into the meat gently by lightly tossing just until combined. Form the patties by simply pressing down on them to smash them to the desired thickness. They don't have to be perfectly round to be delicious! After that initial smash, resist the urge to press down on the patties as they cook. All you'll do is press all the juice out. To keep as much juice in your burgers as possible – and not dripping through the barbecue grate – handle them with care and flip with a spatula, rather than piercing them with a fork or sharp tongs.
- 2. Battle the bulge:** When forming your patties, give the centre a slight depression with your thumb. This will help keep your patties from bulging in the centre.
- 3. Keep it clean:** If you struggle with burger patties sticking to your fingers or making a mess, dampen your hands (even if you're using gloves) before shaping the patties to prevent sticking. This is particularly important when making veggie patties since they often contain sticky, pasty ingredients, such as mashed beans.
- 4. Stay chill:** Burger patties that have a chance to rest in the fridge before cooking shrink less and retain more of their juice. They also hold together better – particularly any type of delicate veggie burger. Use that chilling time to get all your condiments and side dishes ready!
- 5. Give them texture:** No matter what type of grill you're using, whether charcoal, gas, propane or even a cast-iron grill pan or griddle, be sure to preheat it for 10 to 15 minutes before cooking. This will create a beautiful brown sear, defined grill marks, a crispy exterior, and allow for more even cooking. A cool grill may cause more juice to leak out of your burgers. If the grill is too hot, simply flip them more often. Alternately, give your patties a good sear and then move to a cooler area of the grill to gently finish cooking inside. If you want even more texture on the outside, smear a little mustard on the outside of the patties and sprinkle with a little coarse sea salt before searing.



- 6. Are they ready yet?** For food safety reasons, it's important to cook ground meats thoroughly. Invest in an instant-read thermometer for a quick and accurate internal temperature check of your burgers. Be sure to insert the thermometer horizontally into the side of each patty, as close to the centre as possible. Check multiple patties to ensure they're all cooked through. Cook to an internal temperature of 160°F (71°C) for beef and pork, and 165°F (74°C) for poultry. For veggie burgers, follow the directions on the package for doneness.
- 7. Add some shine:** If you're a fan of a shiny glaze, be sure to wait until the last minute or two of cooking before you begin brushing barbecue sauce onto your patties. This will prevent the glaze from burning on the grill. We want a shiny lacquer, not a burnt crust!
- 8. Honour the purists:** Many picky eaters will enjoy their burgers plain or with some very limited toppings (sometimes all you need is a little **Heinz** Tomato Ketchup!). If you'd like to add some extra flavour that remains camouflaged, try mixing some condiments directly into the burger mixture, rather than serving them on top. Adding some **Heinz [Seriously] Good** Mayonnaise to your burger mixture adds loads of moisture and a flavour punch, invisibly. Be sure to have toppings available and let everyone customize their burger to their liking.

- 9. Don't forget your sidekicks:** While the grill is hot, you may as well make use of it. Add sliced veggies, corn on the cob, sliced or wedged pre-cooked potatoes and/or any desired grilled burger toppings, such as onions or mushrooms to the grill while your burgers cook. Drizzle grilled veggies with your favourite **Kraft** Dressing.
- 10. Dress for the occasion:** You can transform any burger into a masterpiece with the right condiments and toppings.
- Drizzle with **Heinz** Tomato Ketchup, Yellow or Dijon Mustard, Sweet Relish, **[Seriously] Good** Mayonnaise, Mayoracha, Hanch Sauce and/or MayoChup.
  - If sweet and smoky is your jam, slather with your favourite **Diana** Sauce or **Bull's-Eye** BBQ Sauce.
  - Top your sauced patties with sliced cheese, pickles, hot peppers, sliced raw or grilled onions, grilled mushrooms and/or sliced tomatoes.
  - Branch out with a variety of lettuces.
  - Sliced avocado or guacamole, sprouts, pico de gallo, sliced radishes, a fried egg, pickled beets are all fair game.

**Let your imagination be your guide!**