

# Hamburgers

Makes 4-5 hamburgers.

## Ingredients-

- Olive oil for greasing grill rack.
- 3 Tbsp onions, minced
- 2 Tbsp ketchup
- 1 tsp Worcestershire sauce
- 1 tsp soy sauce
- ¼ tsp paprika
- 1 egg
- 1 Tbsp garlic, minced
- 1 tsp black pepper
- 1 lb ground beef or turkey

## Directions

1. Start grill or pan and heat up to 350 degrees Fahrenheit. Prepare a baking sheet covered with tin foil or parchment paper.
2. Place all of the ingredients in a bowl and mix together with clean hands.
3. Take a small fist full of the combined meat and roll it into a ball between your hands. Then use your palms to flatten the ball down to about the width of a rubber pink eraser. Make sure the middle of the hamburger is not bigger than the outside edges because hamburgers will shrink up as they cook.
4. When grill or pan is hot, take a paper towel and dip into a small bowl of olive oil. Quickly rub the grill
5. rack or pan with the olive oil, this will give you grill marks.
6. Use the grilling times below for the type of burger you want!



## Grilling Times\*

### Beef burgers:

**Medium Rare (130-135° F internal temp):** Grill for 3 minutes, flip, grill for 4 more minutes.

**Medium (135-150° F):** Grill for 3 minutes, flip, grill for 5 more minutes.

**Medium Well (150-165° F):** Grill for 3 minutes, flip, grill for 6 more minutes.

**Well Done (165° F and up):** Grill for 3 minutes, flip, grill for 7 more minutes.

**Turkey or chicken burgers: Poultry must have an internal temp of 165 degrees at the least.**

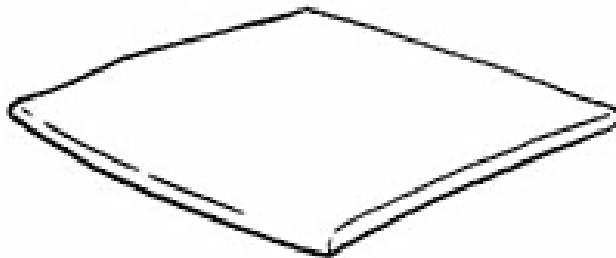
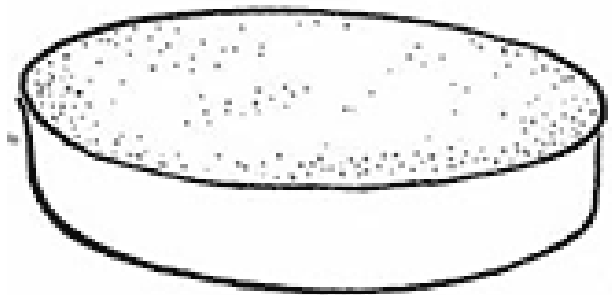
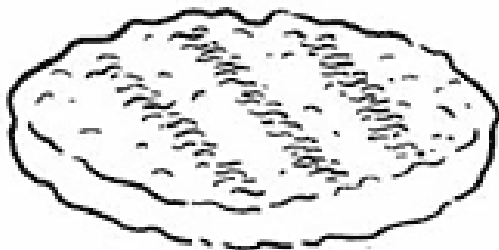
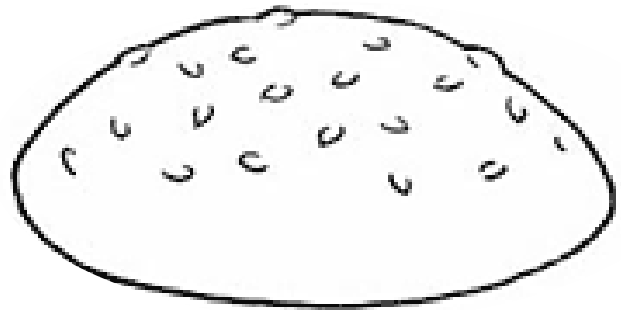
**Well:** Grill for 5 minutes, flip, grill for 5 more minutes. (170° F)

Don't forget to share pictures of your hamburgers with Southern Food and Beverage Museum at [jennie@southernfood.org](mailto:jennie@southernfood.org) !

Reference: <http://grillitright.com/2017/05/02/long-grill-hamburgers-2/>

# Hamburgers Activity

It is time to build your own hamburger!  
Color the different ingredients that you  
would use to build a hamburger, then  
cut out the ingredients and build your  
fully dressed hamburger!



# Hamburgers Exit-Activity

1. What was your favorite part of making hamburgers?

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2. How did you cook your burger? Can the inside of your burger to one of the burgers in the pictures?

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3. Make a list of ingredients and condiments you used to build your burger:

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4. Draw your fully dressed hamburger:

