

Well-Done Grilled Hamburgers (thanks to Cook's Illustrated)



- 1/2 cup chopped or torn white bread (remove crusts)
- 2 tablespoons whole milk
- 3/4 teaspoon salt
- 3/4 teaspoon pepper
- 1 garlic clove, minced
- 2 teaspoons steak sauce (I use Aldi's brand)
- 1 1/2 pounds 80% lean ground chuck

(before you start, turn your grill on so that it has 15 minutes to heat)

1. Place bread pieces in a bowl, and pour the milk over the bread. Using a fork, mash the bread and milk together to make a smooth paste. Add salt, pepper, garlic, and steak sauce, and mix until smooth.
2. Add ground beef to the bread/milk mixture, and gently combine, using a fork.
3. Shape the beef into patties.
4. Using tongs, dip a wad of paper towels into a small amount of vegetable oil, and run them over the grill grate.
5. Place burgers on grill. Cook for 2-4 minutes on the first side, flip, and cook for an additional 3-4 minutes, or until burgers reach desired doneness.