



# Smash Burgers

A RECIPE BY AARON DARKES

Prep Time - 5 minutes

Servings - 4 people

Cook Time - 15-20 minutes

## ingredients

- 4 Hamburger buns
- 400g Ground beef (medium or lean)
- Salt
- Pepper
- Oil

## Suggested Toppings/Condiments

- Cheese
- Ketchup
- Mustard
- Relish
- Tomato
- Lettuce

## directions

- Preheat your pan (stainless steel, or cast iron) until barely smoking.
- Take approximately 100g of ground beef per burger and roll it into a ball.
- Oil pre-heated pan and place ground beef ball in the pan.
- Take a metal flipper and press/smash the burger into the pan, you should hear a lot of sizzling.
- After the meat has been pressed to desired thickness season with salt and pepper.
- When edges of the smashed burger begin to brown, scrape up the burger from the pan (it will stick, so make sure you get under it). Flip and allow to cook for another 30 seconds to 1 minute.
- Dress your buns with desired toppings and serve.