



Perfect Burger  
*Serves 2*

1 pound ground beef 85-25% fat  
1 tablespoon sea salt  
2 teaspoons freshly ground black pepper  
Extra virgin olive oil to drizzle

2 sesame buns  
2 tablespoons melted butter  
1/2 cup freshly grated cheddar cheese  
2 slices tomato  
2 long slices of dill pickles  
2 tablespoons course-grain mustard  
Ketchup

Heat a grill to high. (charcoal or gas). Clean grill grates well. Form 2 patties and sprinkle generously with salt and pepper on both sides. Drizzle both sides with olive oil. Place on hot grates and cook for 4-5 minutes, until seared. Turn to cook the other side. After 2 minutes, add cheese on both patties and cover grill with lid. Cook another 4-5 minutes, until the desired doneness is reached. Meanwhile, butter all four slices of buns and place on grate to toast. Remove to a platter. Top the undersides of both buns with the patties. Add tomato, pickles, mustard, and ketchup and place top bun. Enjoy right away!

Note: If you don't have a grill you can broil the patties in your oven's broiler on a rack set 6" below the heating elements. Cook as you would on a grill, turning to cook the other side until the desired doneness is reached.