



# be cool grandpa

## Fresh-Ground Brisket Burger

Serves: 4

- **Prep time:** Meat Grinder +, 30 mins (can be done in advance)
- **Cook time:** 30 mins

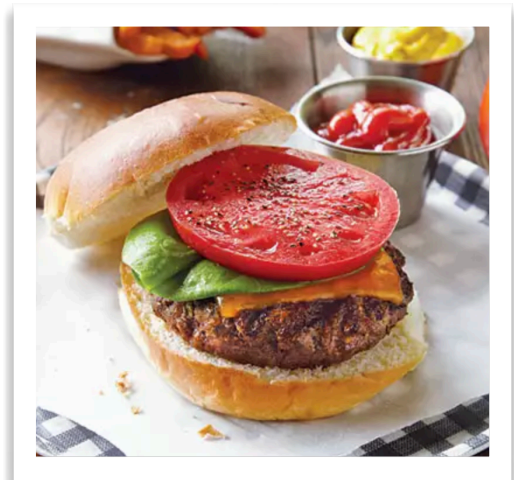
**Skill level:** easy

**Cooking method:** Stove top with cast iron skillet.



### ingredients:

- (1 1/2 lb) flat-cut beef brisket, trimmed and cut into 1-inch pieces
- 2 tablespoons olive oil
- Rub salt, pepper & garlic to taste or use your favorite brisket rub
- Cheddar or American cheese slices
- Mayonnaise
- Favorite buns or water rolls, toasted
- Lettuce leaves
- Red onion
- Tomato slices
- Favorite BBQ Sauce



### instructions:

Step 1)

Preparing the meat one of two ways. You can grind up your own meat or have your butcher prep it for you. If you have a meat grinder, place the feed shaft, blade, and die in the freezer for 30 mins. Assemble grinder just before grinding. This helps grind the meat evenly.

Step 2) - Home meat grinder option. *(or, if your butcher is preparing your meat skip to step 3).* Arrange meat in a single layer on jelly-roll pan, leaving space between each piece. Freeze 15 minutes or until meat is firm but not frozen. Combine meat and oil in large bowl, and toss to combine. Pass meat through meat grinder completely. Immediately pass meat through grinder a second time. It's important to run it through twice to blend the meat completely.

Step 3)

Gently shape each into a 3/4-inch-thick patty. Don't over compress the meat. My Burger Patty Board makes this step fast, easy and the perfect size and shape.

Step 4)

Heat the grill and skillet to medium-high heat.

Step 5)

Season liberally on both sides by apply your favorite rub to the patties, or make your sprinkle an even mixture of salt, pepper & garlic.

Step 6)

Pour two tablespoons of oil in a large cast iron skillet and bring it to medium-high heat. Place the patties in the skillet (don't move them around). Cook for 4 to 5 minutes, then flip and turn heat to medium and add the cheese. Don't cover or move the patties, just let them cook on low heat in their own fat for 5 minutes.

Step 7)

Gathering the family and build the burger.

Add the tomatoes, red onions, lettuce and build the burger on the toasted bun with some BBQ Sauce. Enjoy!



## grandpa's thoughts:

I love the idea of using the scraps of the brisket, grinding them up to make delicious burger. We all know smoking a brisket is an investment in time and money. When we can use all the meat is a big bonus.

Feel free to tweak and explore different ways to serve this type of burger. Our taste buds are unique.

The brisket burger has a more lean taste with lots of flavor.

My kids loved it!