

Betty's Square Deal Hamburger Recipe



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In this video, Betty demonstrates how to make a "square" hamburger, using sliced bread, instead of a hamburger bun. This is a juicy, hearty two-fisted burger that will fill you up! This recipe can be used for 3 to 6 burgers, depending on the size you make your hamburger patty.

Ingredients:

- 1 pound lean ground beef (1 used 8% fat ground beef.)
- 1 egg, well-beaten
- 1 teaspoon salt
- 1/4 teaspoon garlic powder
- ground black pepper, to taste
- 1 tablespoon olive oil
- 1/2 of a medium white onion, finely chopped
- 1 tablespoon butter or margarine (for sauteing onion)
- 2 slices American cheese for each burger (You may use any type of sliced cheese.)
- 2 tablespoons softened butter (for buttering outsides of bread slices)
- mayonnaise, to taste
- 2 slices bread for each burger (You may use whole wheat, white, or rye. I used hearty white bread.)

In a large mixing bowl, beat one egg. Add 1 pound of lean ground beef, 1 teaspoon salt, 1/4 teaspoon garlic powder, and a dash of ground black pepper. Use an electric mixer to mix these ingredients until the mixture is fine. For my burgers, I separated the ground beef mixture into 3 equally-sized portions. I used one portion to form a hamburger patty in the shape of one of my bread slices (a little larger, to allow for shrinking as it cooks). Place 1 tablespoon olive oil in a medium skillet, and add hamburger patty. Fry until done all the way through and crisp on the outside. Meanwhile, spread softened butter on 1 side of each of 2 slices of bread. Toast the buttered side in a skillet, and return it to your work space, toasted side up. Also, while your hamburger is frying, saute 1/2 finely chopped onion in 1 tablespoon butter, until soft and clear. When your hamburger is cooked, begin assembling your sandwich burger. On top of each of the 2 slices of toasted bread, spread mayonnaise, to taste. Then, on each of the 2 slices of bread place 1 slice of American cheese on top of the mayonnaise. Next, place sauteed onion on top of each of the two American cheese slices, as much as desired. Place the fried hamburger patty on top of the sauteed onion on one of the bread slices. Complete the sandwich by putting the other half on top of the half with the hamburger patty, sauteed onions meeting the hamburger patty. The outside of the bread will be soft. Spread the upper side with butter, and turn it over into a skillet, and then spread the other side with butter. Place the skillet over low heat, and toast both sides of your burger sandwich, melting the cheese, and blending the flavors. Move your completed burger sandwich back to your work space, and cut it into two equally-sized halves and serve immediately with Seasoned Oven-Baked fries. Hearty and delicious!!!