



THE ingles TABLE

with Steve Woronoff
Woronoff Juicy Burgers

Shopping List

- 1 1/2 Pounds Ground Beef (80% lean / 20% fat)
- 1/2 Pound Ground Pork
- 1/2 Medium Red Onion - Chopped Finely
- 2 Teaspoons Worcestershire Sauce
- 1 Teaspoon Soy Sauce
- 1 Teaspoon Garlic Powder
- 2 Teaspoons Sriracha (more or less to taste)
- Freshly Ground Pepper to Taste
- 1 Egg
- 1/4 Cup Seasoned Breadcrumbs
- 1/2 Cup Beer (I like brown, but use what you like!)
- Melting Cheese Slices (I like white American but a sharp cheddar works great, too!)



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Cooking Instructions

- 1)** Heat an outdoor grill to a high heat or until you can hold your hand an inch over the grate for about a second.
- 2)** Place all of the ingredients in a large mixing bowl and (here comes the fun part), squish the mixture together using your hands until thoroughly mixed.
- 3)** Divide into about 8 round balls (or 6 if you're feeding teenagers). Then, using your fingers, flatten out each ball into a well-formed burger. Let the burgers "hang out" for an hour.
- 4)** Place the burgers on the grill in a single layer and cook for about two minutes then flip them and continue cooking for another 2 minutes. 3 to 4 minutes is medium rare and 5 to 6 minutes is well done.
- 5)** Place a slice of cheese on top midway through cooking. And whatever you do, don't flatten the burger with a spatula.
- 6)** Assemble the burgers on a bun and serve them up!