EASY HIGH PROTEIN RECIPES

BLACKSTONE SMASH BURGERS

Shopping list + a 7-step griddle checklist | 4 double cheeseburgers

SHOPPING LIST — 4 DOUBLE BURGERS

- [ ] 1 lb 80/20 ground beef (8 loose, 2-oz balls)
- [ ] 4 soft burger buns + 8 slices American cheese
- [ ] Kosher salt and black pepper; neutral oil as needed
- [ ] Pickle chips and thinly sliced onion
- [ ] Optional: mayo, ketchup, mustard, lettuce

7-STEP GRIDDLE PLAN

- [ ] 1 Chill loose beef balls until ready; prep toppings and buns.
- [ ] 2 Preheat and check griddle surface (about 400-450 F to start).
- [ ] 3 Toast bun cut sides lightly, then move to a clean plate.
- [ ] 4 Space beef balls apart; smash firmly once, right away.
- [ ] 5 Season; cook first side until deep-brown crust releases.
- [ ] 6 Scrape and flip; add cheese; cook until beef reaches 160 F.
- [ ] 7 Stack two patties per bun; add sauce, pickles and onion.

SAFETY CHECK — NOT JUST A TIMER

Ground beef: 160 F (71 C) minimum measured with a food thermometer.
Insert a suitable instant-read probe carefully from the SIDE of the thin patty.
Keep raw beef and its utensils separate from ready-to-eat toppings.

QUICK FIXES

No crust? Dry the griddle surface and work in smaller batches.
Sticking? Wait for the browned crust; scrape firmly beneath the patty.
Dry patties? Use 80/20 beef, smash only once, and do not overcook.