

COOKING WAGYU BURGERS

1. Defrosting: Allow ground beef to come to room temperature before cooking. This will ensure even cooking. A quick way to defrost the beef is to place the sealed plastic package in room temperature water.
2. Forming patties: To truly enjoy the flavor and texture of Wagyu ground beef, do not add anything. Simply form the meat into the desired size patties being careful not to overwork the beef. Sprinkle both sides with sea salt and pepper. Make a slight thumbprint in the middle of each burger to prevent the center from puffing up.
3. Cooking: Preheat a skillet on high heat. Add a few tablespoons of vegetable or canola oil and add the burgers. Let them cook undisturbed until the bottom has formed a crust, about 3-4 minutes depending on the thickness of the patty. You can peek at the bottom to see if they are ready to flip, but do not press down on them with a spatula. Only flip the burgers once and cook the other side for 3-4 minutes. This should result in a burger that is pink and juicy in the middle at a temperature of approximately 145F. If you over cook them, they will dry out and you won't be able to appreciate the flavor, juiciness and texture that is unique to Wagyu beef.
4. Add cheese: Just before the burgers are ready to remove from the skillet, place cheese on them, add a few teaspoons of water to the pan and cover it. The steam will melt the cheese perfectly around the burger in about 30 seconds.
5. Alternate cooking method: Preheat the oven to low broil. Place the burger patties on a broiler pan and cook 6" from the heat source until the top of the meat begins to brown. Flip the patties and cook the other side until it begins to brown. The cooking time is approximately 3-5 minutes per side, depending on the thickness of the burgers. Add cheese to the top of the burgers and let it melt for 30-45 seconds.