

Barbecue Burgers, Zola Style



Plan Z Phase: This is a Z2 (ZReduction) recipe.

There are two stages to making burgers this way. The Rub. The Burger. If you are not a major cook don't worry. This looks harder than it is. Stick with this and you'll love your burgers!

Servings: 4-6 burger patties (1/4 – 1/2 pound each)

Ingredients:

For The Rub:

- 1 tsp of smoked paprika
- 2 tsp of chili powder
- 1 pkt of Truvia
- 2 tsp of garlic powder
- 1 tsp of celery salt
- 1 tsp of dry mustard

For the Burgers:

- 2 pounds of ground sirloin
- 1 egg (optional)
- olive oil spray

Instructions for The Rub:

Mix all of the rub ingredients together in a bowl. If you want you can make double and it will keep in your cupboard in a sealed container.

Instructions to prepare the Burgers:

Get your charcoals going so they're nice and hot. If you use a gas grill, you'll want to get your grill heated up a bit before cooking up your burger patties. If you're using a grill pan indoors, spray it with a little bit of olive oil spray and heat the pan on medium high.

Put your ground sirloin in a bowl. Add the egg and 1/2 of the rub. Mix it up with your fingers until it is just mixed through. Don't overmix it, that will make your burger tough. Once your patties are formed, spread the leftover rub on both sides of your patties. You can let the rub soak into the patties or grill them right away.

Grill your patties for about six to eight minutes per side, depending on how well you like your burger cooked. You want to get a nice crust on each side to seal in the juices (the rub will help form this crust better on a charcoal or gas grill).

Check the flavor and make personal adjustments as you please. Some people like spicy burgers so you can add a dash of Tabasco sauce to spice it up a bit.

Enjoy!

Cheers,