

Hamburgers-Raw & Pre-Cooked

This recipe makes 10-1 1/3 lb raw burgers or as many pre-cooked burgers as you choose



Ingredients

For the raw burgers:

3 lbs lean ground beef

For the cooked burgers:

As many pre-made pre-cooked burgers as you like

For both recipes (optional)

freeze-dried shredded cheese

freeze-dried avocado powder

pickle juice for rehydrating

beer for rehydrating

beef broth for rehydrating

Directions:

Raw Burgers:

1. Add parchment paper to your trays
2. Press the ground beef onto the trays in an even layer
3. Place dividers (if you choose). We like to use 10 portions per tray-this makes about 10-1 1/3 lb burgers
4. Pre-Freeze when possible

Pre Cooked Burgers: (see notes below)

1. Add parchment paper to your trays
2. Place the pre-cooked burgers in a single layer.
3. Pre-Freeze when possible

Freeze dry (my cycle time was 30 hours). Store in mylar bags for long-term storage. Be sure to label raw burgers.

Rehydration:

Burgers: Both raw and cooked can be rehydrated the same. Add burger(s) to a shallow dish or pan. Cover in beer, broth, pickle juice, or any combination of the 3. Allow to sit for about 20 minutes for raw burgers and about 30 minutes for cooked burgers. After rehydrating, cook the raw burgers to the desired doneness (150-155 is med well). For the pre-cooked burgers, grill or fry them to reheat. Add toppings as desired.

Cheese: rehydrate shredded cheese in a bowl using a can of beer. This process is slow and will likely take hours. Add to the top of your burger while cooking and allow to melt.

Avocado powder: Add 1/4 cup of avocado powder and 2 tbsp of water to a bowl. Top burger with avocado,

Notes: Before freeze drying, slightly undercook the pre-cooked burger to medium-rare (145 internal temp) to allow more cooking after rehydrating. When cooking the burgers, remove as much fat as possible. Use a paper towel to "blot" them after they are cooked. Use lemon water when rehydrating the avocado to avoid browning.

Nutritional Value Per 1- 1/3 lb 90% lean burger with 1/4 avocado & 1/4 cup of shredded cheddar cheese

Calories: 442 Protein: 30 g Fat: 33 g Carbohydrates: 6 g Sugar: 0 g Fiber: 3 g