



# COOKING A SAFE QUALITY HAMBURGER

[www.SBCounty.gov](http://www.SBCounty.gov)

## Hamburger Shape

Hamburger is usually formed into patties of about 1/4 lb. and pressed in a circular shape about 4 inches in diameter and 1/2 inch thick. Other shapes and weights may be used.

## Cooking Methods

### Fry (about 350°F):

- Fry pan on stove or hot plate.
- Electric fry pan.
- Griddle.

### Broil:

- Toaster oven on broil.
- Regular oven on broil.



### Two-sided pan:

Two-sided grilling like “George Foreman Grilling Machine.”

## Hamburger Cooking Time

The time to cook hamburgers is dependent on thickness, not weight. The total cooking time should be divided in half with each side cooked for 1/2 of the total time.

There are many variables in cooking hamburger, so cooking times may vary. The following times apply to a frying pan at 350°F, to have the center reach 160°F.

Thickness	Time per side	Total time
1 inch*	10 min.	20 min.
3/4 inch	6 min.	12 min.
1/2 inch	3 min.	6 min.

*\*A 1-inch thick hamburger cooked in a toaster oven would probably take a little longer. A two-sided grill will take less total time than the time per side when cooking from one side.*

## T-Stick Disposable Thermometer

T-Sticks are a new patented invention to help parents and children cook safe and delicious hamburgers. They are available in many supermarkets and other fine stores.

