

Juicy Lucy Burgers

Ingredients

- 1 pound 80/20 ground chuck
- 4 slices American cheese
- Salt and pepper
- Hamburger buns
- Butter
- Your favorite condiments
- Special equipment: a cast iron skillet or grill pan

Instructions

1. Preheat the grill to medium high.
2. Divide the ground beef into eight equally-sized balls. Put them on a sheet of aluminum foil, cover with plastic wrap and flatten them with the bottom of a heavy pot or a bacon press.
3. Tear each piece of cheese into four pieces and place in the center of four of the patties. Take the remaining four patties and place them on top, crimping the edges so that the cheese is completely sealed. Refrigerate for 20 minutes to firm the patties. Salt and pepper to taste.
4. Meanwhile, heat the skillet on the grill for about 15 minutes. Add the patties and grill one side until deeply browned. Flip and brown the other side.
5. Remove and let rest for 5 minutes. Meanwhile, split the buns in half, butter them and grill them until nice char marks appear.
6. Serve the burgers on the buns with your favorite condiments.

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