
Juicy Lucy

Jessica D'Ambrosio, Khalil Hymore and Steve Jackson

Food Network Magazine - July/August 2021

Start to Finish Time: 30 minutes

1 1/2 pounds ground beef

Kosher salt

freshly ground black pepper

4 slices American or cheddar cheese

1 tablespoon vegetable oil

4 hamburger buns

ketchup, mayonnaise and/or dill pickle slices (for topping)

In a large bowl, mix the beef with one teaspoon of salt and one teaspoon of pepper. Form the beef into eight 1/4-inch-thick patties. Fold each cheese slice into quarters and place a folded slice on four of the patties. Top each with another patty, then form the meat around the cheese to fully enclose.

In a large nonstick skillet over medium-high heat, heat the vegetable oil. Add the burgers and cook for 4 to 5 minutes per side to medium rare.

Serve the burgers on the buns. Top with ketchup, mayonnaise and/or pickles.

Let sit for a few minutes before eating.

Yield: 4 burgers

Sandwiches

Per Serving (excluding unknown items): 612 Calories; 22g Fat (33.3% calories from fat); 15g Protein; 86g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 963mg Sodium. Exchanges: 5 1/2 Grain(Starch); 4 1/2 Fat.