

Sous Vide Hamburgers

<http://userealbutter.com/2018/03/13/sous-vidе-hamburgers-recipe/>
from [Serious Eats](#)

24 oz. ground beef
1 tsp fish sauce
1/2 tsp salt (use 1 tsp salt if not using fish sauce) + more
1 tsp black pepper + more
4 slices cheese (cheddar, swiss, etc.)
4 buns, lightly toasted
other dressings like tomatoes, lettuce, pickles, onions, bacon, etc.
1 tbs vegetable oil or butter for finishing stove top

Water bath settings: Set your sous vide bath according to the desired doneness of your burgers.

Very rare to rare: 115°F – 123°F at 40 minutes to 2 1/2 hours (maximum)

Medium rare: 124°F – 129°F at 40 minutes to 2 1/2 hours (maximum)

Medium: 130°F – 137°F at 40 minutes to 4 hours

Medium well: 138°F – 144°F at 40 minutes to 4 hours

Well done: 145°F – 155°F at 40 minutes to 3 1/2 hours

Make the burgers: Mix beef, salt, pepper, and fish sauce (optional, but good) together in a bowl. Form 4 patties, not too tightly packed, a little wider than your burger buns. Place each patty in its own bag (ziploc is recommended over vacuum sealed). Seal the patties in their individual bags using the water displacement method (submerge the bag in your water bath up to the zipper seal, but not above, pushing the air out and sealing the bag). Cook your burger for the appropriate amount of time. I cooked ours at 120°F for 40 minutes. Remove the bags from the bath and remove the patties to paper towels. Blot the patties dry and let them rest for 10 minutes. Season the patties with salt and pepper on both sides. Heat your vegetable oil or butter in a skillet over high heat and sear the patties for about a minute per side. Alternatively, you can finish the burgers over a hot grill for about a minute per side. If serving with cheese, place the cheese slice on the patty after the first flip. Serve hot. Makes 4 6-ounce burgers.