

PROVERVEO®

Smash Burger
RECIPE BOOK
AT HOME



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Introduction

**SIMPLICITY, TASTE AND TECHNIQUE
IN EACH BITE**

Welcome to the World of Smash Burgers: Let's get started!

This book is not just a recipe book. It's a guide that includes stories, expert tips and practical tricks to take your cooking skills to the next level. Before you continue, get your griddle or skillet ready. You're about to discover how easy it is to create juicy burgers, with that crispy texture that makes them unique. Welcome to the world of smash burgers. With our press, designed for perfect pressing, and this ebook as your guide, you'll be ready to master the art of the iconic burger. Every recipe, tip and detail here is designed to give you a complete, flavorful experience. Let's get started!

A Simple Secret

Imagine a hot griddle, the sound of the meat cooking and an irresistible aroma filling the air. The first time I tried a smash burger, I discovered that its simplicity was its biggest secret. This style of burger was born in a small restaurant where someone pressed the meat to cook it faster, never imagining that he was creating a new way to enjoy burgers.

Learn How to Create Perfect Smash Burgers

With this ebook, you will learn not only how to prepare perfect smash burgers, but also how to transform any meal into an unforgettable experience. If you've ever made burgers at home and they didn't achieve the flavor or texture you were hoping for, here you'll find the tools and techniques you need to achieve professional results.

Smash Burger Roadmap

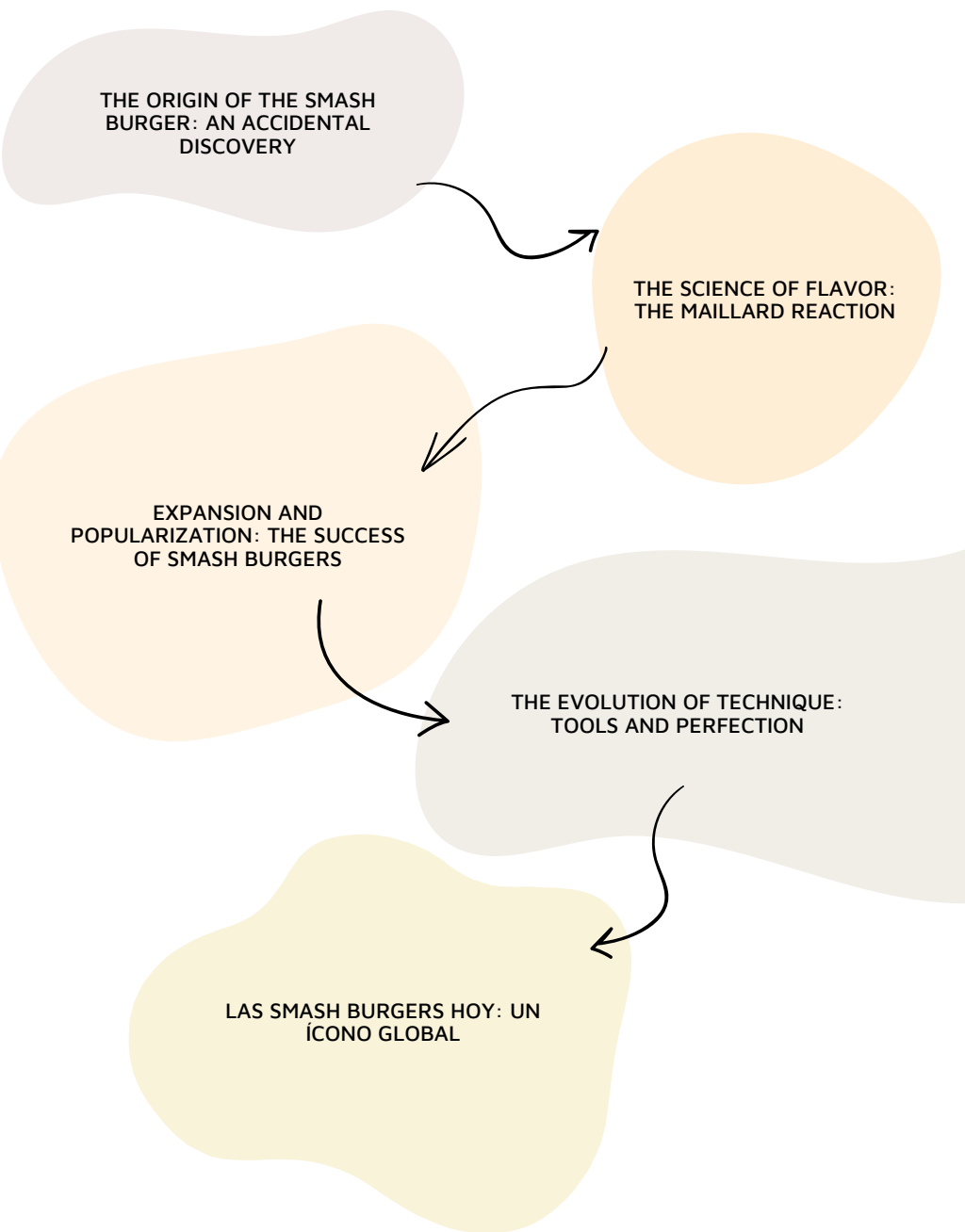
THE ORIGIN OF THE SMASH
BURGER: AN ACCIDENTAL
DISCOVERY

THE SCIENCE OF FLAVOR:
THE MAILLARD REACTION

EXPANSION AND
POPULARIZATION: THE SUCCESS
OF SMASH BURGERS

THE EVOLUTION OF TECHNIQUE:
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LAS SMASH BURGERS HOY: UN
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02

Origen

LA HISTORIA DE LAS SMASH BURGERS

The Origin of the Smash Burger: An Accidental Discovery

The history of smash burgers began in American restaurants in the 1920s. In a small restaurant in Kentucky, a cook decided to press a small ball of meat against a hot griddle using an empty can of beans, looking for a quick way to cook it. This simple gesture was the beginning of a technique that would forever change the way we enjoy hamburgers.

The Science of Flavor: The Maillard Reaction

Pressing the meat against the hot griddle triggers a chemical reaction known as the Maillard reaction. This reaction caramelizes the proteins and sugars in the meat, creating a crispy, golden crust that intensifies the flavor, while the interior remains juicy. This unexpected effect transformed the burger into a uniquely textured delight.





Expansion and Popularization: The Success of Smash Burgers

The exceptional flavor of the smash burger quickly won over customers, and the technique began to be replicated in other restaurants. Chefs discovered that this method not only improved flavor, but also allowed them to take advantage of less expensive cuts of meat, making smash burgers a tasty and affordable option.

The Evolution of Technique: Tools and Perfection

Over time, the bean can was replaced by metal presses specifically designed to achieve the perfect press. Despite the more sophisticated tools, the essence of the smash burger remained intact: a simple and effective technique for creating crispy, juicy burgers in minutes.

Smash Burgers Today: A Global Icon

By the 1950s, smash burgers were already an icon of American fast food, popular in local chains and specialty restaurants. Today, this technique has crossed borders and become a symbol of authentic, accessible flavor, reaching homes and kitchens around the world.

02

Techniques for the Perfect Smash Burger

- **Pressing:** Place a ball of meat on the griddle and, using the press, press firmly for 10-15 seconds. The edge should become thinner, which is normal and helps create the browned crust.
- **Cooking:** Cook without moving the meat for 1-2 minutes. Once the edges are browned, carefully turn the meat over using the spatula. If cheese is desired, place it immediately after turning the meat to melt.
- **The Assembly:** Lightly toast the buns on the griddle with butter. Assemble the hamburger and add your complements to taste.
- **The Final Touch:** Serve the burger instantly, with the cheese perfectly melted and the meat crispy on the outside and juicy on the inside..

KEY TOOLS:

- Smash burgers press
- Cast iron griddle or cast iron skillet
- Heavy-duty, thin spatula



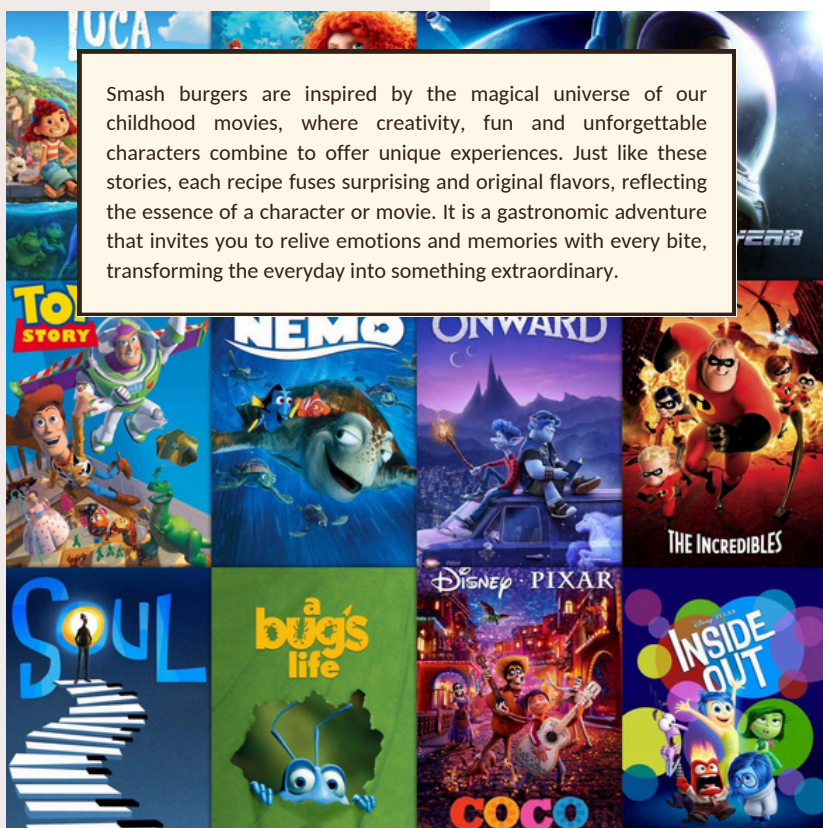


SECTION 04

Recipe book



Smash burgers are inspired by the magical universe of our childhood movies, where creativity, fun and unforgettable characters combine to offer unique experiences. Just like these stories, each recipe fuses surprising and original flavors, reflecting the essence of a character or movie. It is a gastronomic adventure that invites you to relive emotions and memories with every bite, transforming the everyday into something extraordinary.



Cars

Ingredients:

- 180 g of beef 80/20
- Hamburger bun
- 1 slice of cheddar cheese
- Fresh lettuce
- 1 slice tomato
- 1 slice of red onion
- Mayonnaise, mustard and ketchup

Preparación:

1. Form the meat (180 g) into a ball and place it on a preheated griddle or frying pan over high heat.
2. Use a press to firmly flatten the meat until very thin, about 2 cm. Cook for about 2-3 minutes per side until browned and crispy.
3. During the last minute of cooking, place a slice of cheddar cheese on top of the meat to melt.
4. While the meat is cooking, lightly toast the buns on the griddle.
5. Once the meat is ready, assemble the burger by first placing the lettuce on the base of the bun, then the tomato and red onion. Add the meat with the melted cheese and spread mayonnaise, mustard and ketchup to taste.



Chicken Little

Ingredients:

- 180 g of beef 80/20
- Brioche bread
- 1 slice of cheddar cheese
- Crispy bacon
- BBQ sauce
- 1 slice of red onion
- Pickle slices



Preparing:

1. Form and cook the meat: Divide the meat into balls and flatten them on a hot griddle. Cook 3 minutes on each side until well browned and crispy. At the last minute, place a slice of cheddar cheese on top of the meat.
2. Fry the bacon: Fry the bacon over medium heat until crispy and place on paper towels.
3. Toast the bread: Toast the brioche buns on the griddle for 1-2 minutes.
4. Assemble the burger: Place the crispy bacon on the base of the bun, followed by the cheese steak. Add BBQ sauce, red onion and pickle pickles.

Monsters S.A.

Ingredients:

- 180 g of beef 80/20
- Brioche bread
- 1 slice of cheddar cheese
- Crispy bacon
- 1 fried egg
- Special sauce (ketchup, mayonnaise and mustard)



Preparing:

1. Form the meat into a ball and flatten it on the preheated griddle.
2. Cook for 3 minutes on each side until browned. Add the cheddar cheese during the last minute of cooking to melt.
3. While the meat is cooking, fry an egg in a frying pan with a little oil or butter.
4. Fry the bacon until crispy.
5. Toast the brioche bread on the griddle for 1-2 minutes.
6. Assemble the burger by placing crispy bacon on top of the cheesy meat, followed by the fried egg and a touch of special sauce (ketchup, mayonnaise and mustard) on the bun.

Lilo & Stitch

Ingredients:

- 200 g beef
- Brioche bread
- Cheddar cheese
- Crispy bacon
- Barbecue sauce
- Sliced red onion
- Fresh lettuce



Preparing:

1. Cook the meat: Season the 200 g of meat with salt and pepper. Cook 3-4 minutes on each side and, in the last 2 minutes, add the cheddar cheese to melt.
2. Prepare the bacon: Fry the bacon over medium heat until crispy and place on paper towels.
3. Toast the bread: Toast the brioche breads with a little butter until golden brown.
4. Assembly: Place the bread base, add lettuce, cheesy meat, red onion and crispy bacon. Drizzle with barbecue sauce and cover with the other side of the bread.

Finding Nemo

Ingredients:

- 200 g beef
- Brioche bread
- Cheddar cheese
- Crispy bacon
- Caramelized onion
- Honey mustard sauce
- Fresh lettuce



Preparing:

1. Cook the meat: Form a ball with 200 g of meat and flatten it. Cook 3-4 minutes on each side and, in the last 2 minutes, add the cheddar cheese.
2. Caramelize the onion: Cook the sliced onions over low heat for 15-20 minutes until golden brown and caramelized.
3. Prepare the bacon: Fry the bacon over medium heat until crispy and place on paper towels.
4. Toast the bread: Toast the brioche breads with butter until golden brown.
5. Assembly: Place the bread base, add lettuce, cheesy meat, caramelized onion and crispy bacon. Spread the honey mustard sauce on the top of the bun and cover the burger.

The Lion King

Ingredients:

- 200 g beef
- Brioche style hamburger bun
- Cheddar cheese
- Crispy fried onion
- Smoked barbecue sauce
- Sliced jalapenos
- Fresh lettuce



Preparing:

1. Cook the meat: Season the meat with salt and pepper, and cook in a skillet or grill for 3-4 minutes on each side, or until desired doneness. In the last 2 minutes of cooking, add a slice of cheddar cheese over the meat to melt.
2. Prepare the fried onion: Cut the onion into thin slices, dredge in flour, salt and pepper, and fry in hot oil until golden brown and crispy. Remove the onion slices and place them on absorbent paper.
3. Assemble the hamburger: Toast the brioche style hamburger bun and place the lettuce on the base of the bun. Then place the meat with cheddar cheese, fried onions, jalapenos and a touch of smoked barbecue sauce.

Toy Story

Ingredients:

- 180 g of beef 80/20
- Brioche bread
- 1 slice of cheddar cheese
- Crispy onion rings
- Garlic mayonnaise
- Fresh lettuce



Preparing:

1. Cook the meat: Form a ball with the 180 g of meat and flatten it in a hot frying pan. Cook 2-3 minutes per side, and add the slice of cheddar cheese in the last minute to melt.
2. Prepare the vegetables and rings: Wash the lettuce and cut into leaves. If you don't have the onion rings ready, fry or cook them according to package directions.
3. Toast the bread: Toast the brioche bread in the pan until golden brown and crispy.
4. Assemble the burger: Place a layer of garlic mayonnaise on the base of the bread, then add the fresh lettuce, cheesy meat and crispy onion rings.

Frozen

Ingredients:

- 1 chicken breast fillet
- Brioche style hamburger bun
- Fresh lettuce
- Sliced tomato
- Mustard mayonnaise
- Honey mustard sauce
- Oil for frying



Preparing:

1. Prepare the fried chicken: Beat an egg and bread the chicken breast fillet in flour seasoned with salt, pepper and paprika. Fry the chicken in hot oil until golden brown and crispy, approximately 4-5 minutes per side. Then place on paper towels.
2. Assemble the hamburger: Toast the brioche bun and place a layer of lettuce on the base of the bun. Then place the fried chicken fillet, followed by a slice of fresh tomato.
3. Sauces and finishing touch: Spread mustard mayonnaise on the top of the bun and add a touch of honey mustard sauce over the chicken.
4. Close the burger: Place the top of the bun on top of the toppings and serve immediately.

The Little Mermaid

Ingredients:

- 180 g vegetable meat
- Hamburger bun
- Vegan cheese (if using vegetable meat)
- Fresh lettuce
- Tomato
- Purple onion
- Vegan sauce



Preparing:

1. Cook the vegetable meat: Form a ball with the 180 g of vegetable meat, flatten it in a hot frying pan and cook 3-4 minutes per side, until browned and well cooked. If using vegan cheese, place it on top of the meat during the last minute of cooking to melt.
2. Prepare the vegetables: Cut the lettuce, tomato and red onion into thin slices.
3. Toast the bread: Toast the hamburger bun until golden brown.
4. Assemble the burger: Place the vegan sauce on the base of the bun, then add the lettuce, tomato, veggie meat with cheese and red onion.

Batman

Ingredients:

- 200 g beef
- Brioche style hamburger bun
- Blue cheese
- Crispy bacon
- Caramelized onion
- Fresh lettuce



Preparing:

1. Cook the meat: Season the 200 g of beef with salt and pepper and cook in a skillet or grill for 3-4 minutes on each side, or until desired doneness. During the last few minutes of cooking, place pieces of blue cheese on top of the meat to melt.
2. Prepare the bacon: Cook the bacon strips in a skillet over medium heat until crispy. Then place them on paper towels to remove excess fat.
3. Caramelize the onions: Cook the sliced onions in a frying pan with a little oil and sugar until golden brown and caramelized.
4. Assemble the hamburger: Toast the brioche bun and place a layer of fresh lettuce on the base of the bun. Then place the meat with melted blue cheese, caramelized onions and crispy bacon strips.

Pinocchio

Ingredients:

- 180 g of beef 80/20
- Hamburger bun
- Cheddar cheese
- Homemade guacamole
- Sliced jalapenos
- Red onion
- Chipotle sauce



Preparing:

1. Cook the meat: Form a ball with the 180 g of meat, flatten it in a hot frying pan and cook 2-3 minutes per side. Add the cheddar cheese at the last minute to melt.
2. Prepare the vegetables: Cut the red onion in thin slices and the jalapeños in slices.
3. Toast the bread: Toast the hamburger bun until golden brown.
4. Assemble the burger: Place the guacamole on the base of the bun, then add the meat with cheese, jalapeños, red onion and chipotle sauce.

Dumbo

Ingredients:

- 180 g of beef 80/20
- Hamburger bun
- 1 slice of cheddar cheese
- Sliced tomato
- Sliced pickles
- Hot peppers
- Red onion



Preparing:

1. Cook the meat: Form a ball with the 180 g of meat and flatten it in a hot frying pan. Cook 2-3 minutes per side, add the cheese at the last minute to melt.
2. Prepare the vegetables: Cut the tomato, pickles, hot peppers and onion into thin slices.
3. Toast the bread: Toast the hamburger bun until golden brown.
4. Assemble the burger: Place the meat and cheese on the base of the bun and add the tomato slices, pickles, hot peppers and onion.

Mulan

Ingredients:

- 180 g of beef 80/20
- 1 brioche bread
- 1 slice of cheddar cheese
- 2 strips of crispy bacon
- 1 fried egg
- Special sauce (ketchup, mayonnaise and mustard mixture)
- Fresh lettuce
- Sliced tomato



Preparing:

1. Prepare the special sauce: Mix ketchup, mayonnaise and mustard in equal parts. Set aside.
2. Cook the bacon: Fry the bacon strips in a frying pan until crispy. Place them on paper towels.
3. Cook the meat: Form a ball with the 180 g of meat and, in a hot frying pan, flatten it to form a thin disk. Cook 2-3 minutes per side, add the cheddar cheese in the last minute to melt.
4. Fry the egg: In the same skillet, fry the egg to your liking.
5. Assemble the burger: Toast the brioche bread, place the special sauce, lettuce, tomato, the meat with cheese, bacon and the fried egg.



Combining Drinks

- **Beers:** A craft beer or light lager complements the juicy, crisp flavor of the smash burger very well. If you prefer something more robust, an IPA can be an excellent choice thanks to its bitterness that contrasts with the smoothness of the meat.
- **Wines:** A medium-bodied red wine, such as a Merlot or Cabernet Sauvignon, can bring out the flavors of the meat and cheese. If you prefer white wine, a Chardonnay with some body will be a refreshing option.
- **Soft Drinks and Lemonade:** If you prefer non-alcoholic beverages, a classic cola or homemade lemonade are refreshing options that balance the richness of the burger. You can also try an iced tea drink with a twist of lemon.
- **Cocktails:** A classic cocktail such as a whiskey sour or a gin & tonic can add a refreshing sourness that cuts through the fat in the burger, creating an ideal balance.

Delicious Accompaniments

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Homemade French Fries: French fries are the classic side dish for hamburgers. You can make them crispy and golden brown, or even add an extra kick with fresh herbs or grated cheese. Wedge fries or hash browns are also excellent choices.

Fresh Salad: A light salad with leafy greens, red onion, cherry tomatoes and a mild vinaigrette perfectly complements the richness of the burger. The freshness of the vegetables creates an ideal balance.

Onion Rings: If you're looking for something more indulgent, crispy onion rings are a delicious option. Their slightly sweet flavor and crunchy texture pair well with the juicy meat of the smash burger.

Homemade Pickles: Pickles add a touch of acid that contrasts perfectly with the richness of the meat. You can opt for traditional pickles or more innovative pickles, such as carrots or purple onions. fugiat nulla pariatur.



Frequently Asked Questions (FAQ)

Can I use frozen meat to make smash burgers?

Ideally, use fresh meat for the best texture and flavor, but if you have frozen meat, be sure to thaw it completely before using it. Frozen meat will not press in the same way and can affect the cooking of the burger.

How do I know when the meat is cooked in the center?

The smash burger technique is based on quick cooking and a crispy crust, so the meat usually cooks quickly. If you are in doubt about the doneness, you can use a cooking thermometer: the ideal internal temperature for a burger is 70°C (160°F). However, if you prefer a juicier burger, you can leave it slightly undercooked.

Is it necessary to add oil to the griddle or frying pan?

Depending on the pan, it is not always necessary to add oil. On a cast iron griddle, the natural fat in the meat will prevent sticking. If you use a non-stick pan, you can add a little oil to prevent the meat from sticking.

What is the best way to store leftover burgers?

If you have leftover cooked meat, store it in an airtight container in the refrigerator for up to 2-3 days. If you prefer to store the burgers uncooked, you can make meat balls and freeze them. This way, you will have meat ready to press when you want to enjoy a smash burger.

Can I use vegan meat to make a smash burger?

Of course! Vegan burgers based on chickpea, lentil or commercial alternatives can also be pressed to make a smash burger. Follow the directions of the brand you choose, as they may vary.

Take part
**TEAM
PROVERVEO**

