Air-Fryer Hamburgers



2 × 110 g patties
Temperature: 190°C
Cooking time: approximately 8–11 minutes

1. Preheat the air fryer to **190°C** for **3 minutes**.
2. Pat the burgers dry if the surface is moist. Season both sides with salt and pepper.
3. Place the two patties in the basket with space between them. No added oil is necessary unless they're exceptionally lean.
4. Cook **5 minutes**.
5. Flip.
6. Cook another **3–6 minutes**, depending on thickness and desired doneness.
7. Check the center with an instant-read thermometer. **71°C** for fully cooked.
8. Remove and rest **3 minutes** before serving.

For homemade patties, make a **small depression in the center** with your thumb before cooking. That helps prevent the center from puffing up and gives you a flatter burger.
For seasoning: **salt, freshly ground black pepper, and perhaps a little garlic powder**. With good beef, you don't need much else.