

Loose Meat Sandwich
By Kevin Pang
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Total Time: 40 minutes
Prep Time: 5 minutes
Cook Time: 30 minutes

Servings: 4

Ingredients

½ teaspoon baking soda
1-pound ground beef, at least 85 percent lean
1 medium yellow onion, finely diced
2 tablespoons butter
Salt
1 teaspoon black pepper
1 teaspoon onion powder
2 tablespoons ketchup
2 tablespoons yellow mustard, plus more for serving
2 tablespoons Worcestershire sauce
4 plain hamburger buns or potato buns
Dill pickle rounds, for serving

Preparation

1. In a large bowl, whisk baking soda with 1 tablespoon of water. Add ground beef and use a spoon to mix until well combined. Refrigerate beef for 15 minutes.
2. Reserve ¼ cup diced onion in a small bowl to top the sandwiches. Melt butter in a large skillet or Dutch oven over medium. Add remaining onion and ½ teaspoon of salt. Cook, stirring occasionally, for 8 to 10 minutes, until translucent but not yet browned. (If the onion is done before the meat has finished chilling, remove the pan from the heat.)
3. Turn up heat to medium-high. Add ground beef mixture to the pan and use a wooden spatula to break up meat into pieces. When the beef is evenly spread over the skillet, sprinkle with black pepper, onion powder and 1 teaspoon of salt. Cook, continuing to break up meat into pieces, until mixture is lightly browned, about 5 minutes.
4. Push the mixture to one side and tip your skillet in the opposite direction. Use a ladle or a large spoon to remove and discard most of the fat and juices. Spread the beef mixture evenly across the skillet again, then stir in ketchup, mustard and Worcestershire sauce. Continue to cook, stirring occasionally, until no sauce remains, 3 to 4 minutes. Taste and season with more salt and pepper if necessary. The beef should appear pebbly and glossy, like taco meat.
5. Microwave hamburger buns until soft, about 30 seconds (or toast very briefly in a toaster). Scoop beef mixture onto bottom buns. Top with reserved raw onion, dill pickles and a generous squiggle of yellow mustard, then close sandwiches with top buns. Wrap individual sandwiches in wax paper, if desired, and serve alongside potato chips and a cold root beer.