

Montana Cook
One Fabulous Burger

I did this project because I was interested in the fat content of ground beef compared to the price. I was also interested in our “homegrown” ground beef compared to the grocery store. I purchased seven pounds each regular 85/15, lean 93/7, and extra lean 95/5. I then got seven pounds of our “homegrown” ground beef from our freezer. The price of the store ground beef cost \$1.99/ pound for regular, \$3.79/pound for lean and 3.99/pound for the extra lean. The price for ground beef at the processing facility the day I purchased the other ground beef was \$2.50/pound. I weighed out a one pound patty of the regular ground beef, placed it in the pan and added 250 ml of tap water. I put the pan on the stove and with burner on high, after 5-7 minutes the water came to a boil. I crumbled the patty to insure the meat cooked evenly and continued to cook an additional 5 minutes. After cooking the ground beef I placed it in the refrigerator allowing it to coagulate five hours. When five hours was up, I got the pan out and scooped the fat off collecting it on a paper plate and weighed it. I tested the regular ground beef an additional six times. I repeated the process with the other meats seven times each. The result: regular ground beef contained significantly more grease. The extra lean ground beef had the least fat content, and the “homegrown” was in the middle.