

## Burgers

### Ingredients

200g minced beef (or other meat)  
50g wholemeal breadcrumbs  
50g onion  
1 egg  
Few shakes pepper

### *Extra ingredients:*

*1 teaspoon chilli powder*  
*1 teaspoon garlic powder*  
*1 teaspoon mixed herbs*  
*1 teaspoon curry powder*  
*25g mushrooms*

### Equipment

Mixing bowl  
Jug  
Fork  
Sharp knife  
Grater  
Chopping board  
Small basin



### Method

1	Wash your hands, put an apron on and collect your equipment.	
2	Put the minced beef into a mixing bowl.	
3	Make the bread crumbs by grating the bread. Add them to the meat.	
4	Peel and chop the onion into small pieces. Add to the bowl. Add a shake of pepper.	
5	Add any extra ingredients to the bowl and mix together well. (if you would like to make 2 types of burgers, eg 2 chilli burgers and 2 garlic burgers, simply divide the burger mix in half and put in separate basins before you add the extra ingredients).	
6	Divide your mixture into 4 pieces (use the scales to divide by weight to be really accurate).	
7	Shape each piece into a flat round burger using a piece of greaseproof paper and a cutter.	
8	Put the burgers into a box with a lid and store in the fridge below 5°C until you cook them.	
9	Wash up and tidy away.	

You can cook and eat 1 burger in class if you want to:

<b>1</b>	Line the grill pan with tin foil. Place a burger on the grill rack.	
<b>2</b>	Cook the burger for about 5 minutes on one side and then turn over using a fish slice (homemade burgers fall apart more easily than frozen bought burgers so care must be taken).	
<b>3</b>	Continue cooking for about 5-10 minutes. Watch the burgers all the time and if needed, turn down the grill a little to avoid the outside of the burger burning before the inside is ready.	
<b>4</b>	Make sure the burgers are thoroughly cooked before serving - use a temperature probe to check the inside temperature has reached at least 72°C.	
<b>5</b>	Enjoy your burger.	
<b>6</b>	Wash up and tidy away.	