

'Designer' Burgers

Basic mixture for 3-4 burgers

- 250g / 8oz minced beef, lamb, turkey or pork (not too lean as the fat holds the burger together during cooking)
- 1 slice (25g/1oz) bread made into breadcrumbs (made in processor)
- ½ small onion – finely chopped
- 1 egg

Seasonings/flavourings to add - choose from:

- Shake Worcestershire sauce or Soy sauce
- ½ teaspoon mustard
- 2 teaspoons curry or tikka paste
- tomato ketchup
- pickle
- herbs, fresh or dried
- chilli sauce
- garlic, crushed
- Mango or fruit chutney
- Peanut butter
- 25g / 1oz grated cheese
- ½ courgette, grated
- 1 small eating apple, grated
- 1 or 2 gherkins, finely chopped



Method

1. Heat oven, Gas 6 / 200°C.
2. Put all ingredients, except egg, into a large bowl and mix well.
3. Add enough beaten egg to bind ingredients together.
4. Divide mixture into 4-6 even sized portions.
5. Place greaseproof paper on a baking tray. Use a pastry cutter as a mould and press meat into burgers with a spoon or fork, or using a burger press.
6. Place on a baking tray and cook in the oven for approx 20 mins.

Ideas: Pork and apple burger, Meat cheese and chutney burger, spicy mince, courgette and tikka burger.

Name