

Burgers

Ingredients:

- 200g minced beef
- 1 garlic clove
- 1 teaspoon Worcestershire sauce
- 1 small egg
- ½ small onion
- ½ teaspoon mixed herbs
- 1 teaspoon breadcrumbs
- 4 burger buns
- 2 lettuce leaves
- 2 slices cheddar cheese



Equipment:

Ingredients tray, chopping board, large mixing bowl, teaspoon, tablespoon, table knife, grill tray + wire tray, tablecloth, dishcloth, basin, tea-towel, 2 plate system

Method:

1. Dice the onion and garlic.
2. In large bowl, mix together the meat, garlic, chopped onion, Worcestershire sauce, egg, onion, herbs and breadcrumbs until well combined.
3. Roll the mince into 2 round burgers and flatten to about 2cm in depth
4. Place the 2 burgers on the wire grill tray and drizzle with oil
5. Grill for 5 minutes on one side
6. Turn them once only, and grill for a further 5 minutes.
7. Reduce the heat and cook for another 8 – 10 minutes until the juices run clear
8. Place a burger on each bun. Top with washed lettuce, ketchup, cheese and remaining bun halves. Serve.