

St. Paul's Cooking Class Crew

Homemade Burger Recipe

Prep/cooking time: 30-40mins

Serves: 4

Ingredients

- 1 small onion, finely chopped or blended
- 1 garlic clove, grated
- 500g good-quality beef mince
- 1 egg
- 1 tbsp vegetable oil
- 4 burger buns

Method

1. Tip 500g beef mince into a bowl with 1 small, chopped onion, garlic and 1 egg, then mix.
2. Divide the mixture into four. Lightly wet your hands. Carefully roll the mixture into balls.
3. Set in the palm of your hand and gently squeeze down to flatten into patties about 2-3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly.
4. Put on a plate, cover with cling film and leave in the fridge to firm up for at least 30 mins.
5. Grill or fry on medium heat for 6-8 mins on both sides.

Can replace a quarter or more of mince with tinned lentils, breadcrumbs or crushed cream crackers.

To add flavour:

- Mustard, wholegrain or Dijon mustard, Worcestershire sauce,
- Herbs: rosemary, oregano, sage, basil, tarragon, thyme, Italian herbs or dried mixed herbs, fresh parsley.
- Spices: cumin, cinnamon, chillies, cayenne pepper, curry powder, mustard powder.