

The ultimate beef burger

Ingredients

1 small onion
 1 egg
 450g (1lb) lean beef mince
 50g (2oz) breadcrumbs
 1x 5ml spoon (1tsp) mixed herbs
 1x 15ml spoon (1tbsp) sweet chilli sauce
 50g (2oz) blue cheese, e.g. Stilton
 Black pepper

Equipment

Knife, chopping board, fork, small mixing bowl, weighing scales, large mixing bowl, measuring spoons, large plate, cling film, tongs and oven gloves.

Method

1. Prepare the ingredients:

- peel and finely chop the onion
- beat the egg in a small bowl.

2. Place the beef mince, breadcrumbs, onion, beaten egg, mixed herbs, sweet chilli sauce, crumbled blue cheese and a few twists of black pepper in a large mixing bowl.

3. Mix the ingredients together.

4. Divide the mixture into 4 evenly-sized portions with damp hands.

5. Shape each portion into a round shape and gently press down.

6. Place the burgers on a clean plate, cover with cling film and chill in the refrigerator for up to 30 minutes, if time allows.

7. Preheat the grill or prepare the barbecue.

8. Transfer the burgers to a grill pan.

9. Cook the burgers for 6-8 minutes on each side, or until cooked through and any meat juices run clear.

Top tips

- The ultimate beef burgers can be served with bread rolls, lettuce and potato wedges.
- To create Herby burgers combine beef mince, chopped spring onions, chopped fresh flat-leaf parsley and mango chutney.
- To create Sun-dried tomato burgers combine beef mince, chopped onion, oregano, mint, and chopped sun-dried tomatoes.

Did you know?

- Cross contamination, or the transfer of bacteria from one area to another, can occur from food, hands, equipment and/or surfaces.

Nutrition information per 100g/140g serving: Energy 808/1131kJ, protein 17.2/24.0g, carbohydrate 8.9/12.5g, carbohydrate of which sugars 1.8/2.5g, fat 10.1/14.2g, saturated fat 4.8/6.8g, dietary fibre 0.2/0.3g, salt 0.7/1.0g, iron 1.7/2.3mg

A more comprehensive nutritional analysis is available at meatandeducation.com



Serves: 4

Cooking time: 30 minutes

Skills

Weigh, measure, peel, knife skills (bridge and claw), beat, mix, divide/portion, shape, chill and grill or barbecue.