

Burgers

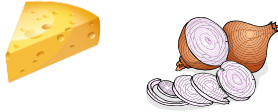




Burgers can be made with a wide range of ingredients.

You will make 4 small burgers. You will only cook one in class for a group evaluation. The others must be taken home to cook. It is for this reason you must bring in two containers, one to take your raw burgers home in and another for the cooked burger.

Ingredients:

Choose a range of the following ingredients. Ensure you have an ingredient from each section.

Meat	Binder	Additional Ingredients	Seasoning	You May Bring
250g Max <ul style="list-style-type: none"> Minced Beef Minced Lamb Minced Chicken Minced Turkey Minced Pork Use lean or extra lean mince. It contains less fat and is better value for money.	15g <ul style="list-style-type: none"> Breadcrumbs (From School) 	20g <ul style="list-style-type: none"> Cheddar Cheese Chopped Onion Chopped Peppers Chopped Bacon 	5g <ul style="list-style-type: none"> Chilli Herbs (Fresh / Dried) Spices Garlic (Crushed) Mustard Curry Powder Worcester Sauce Salt Pepper 	<ul style="list-style-type: none"> Burger Bun Ketchup Lettuce Cucumber Tomato Cheese 
Two Containers: 1 for Cooked Burger 1 for Raw Burgers				

Method:

1. Pre-heat the grill or George Forman.
2. Peel and roughly chop any vegetables.
3. In a food processor, combine the minced meat and chopped additional ingredients. Whiz for 20-30 seconds so it is coarsely chopped and not too smooth. Alternatively, these ingredients can be mixed together in a large bowl.
4. If you have used the food processor, tip the mixture into a large bowl and add the breadcrumbs, additional ingredients and flavourings. Mix well.
5. Shape the mixture into 4 balls with your hands and roll on a floured surface or press with your hand into a burger shape. Alternatively use the burger press to mould the burger shapes.
6. Transfer one burger into the grill or George Forman machine and cook thoroughly.
7. Use a food probe to ensure the burger has a core temperature of 75°C.
8. Add the cooked burger to a burger bun and add any additional ingredients.
9. Place the raw burgers into a container and place in the fridge.