

Spicy Bean 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

400g Can Red Kidney Beans
1 Slice of Bread
1 Chilli (Red or Green) or 1 Teaspoon Ground Chilli Powder
1 Teaspoon Dried Herbs of Your Choice
½ Onion



Additional Ingredients:

Cheese
Burger Bun
Ketchup
Lettuce
Cucumber
Tomato



Please bring 2 container to carry your burgers home in.

Equipment:

Black Handled Knife, Can Opener, Fish slice, Flour dredger, Food Processor, Large Mixing Bowl, Plate, Sieve, Small Bowls, Teaspoon, White Chopping Board, White Plastic Spoon

Method:

1. Pre-heat the grill or George Forman.
2. Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into a small bowl.
3. If you are using a fresh chilli, cut away the top of the chilli, and then de-seed.
4. Peel and roughly chop the onion.
5. Drain the red kidney beans using a sieve.
6. Place the red kidney beans, onion, dried herbs, chilli or chilli powder into the food processor. Whiz together to form a thick paste-like mixture.
7. Place the bean mixture into a large mixing bowl. Add the breadcrumbs to the large mixing bowl. Mix everything together thoroughly using a white plastic spoon.
8. Use the flour dredger to sprinkle some flour onto a white chopping board.
9. Divide and shape the bean mixture into 4 small patties. Alternatively use the burger press to mould the burger shapes.
10. Transfer one burger into the grill or George Forman machine and cook thoroughly.
11. Use a food probe to ensure the burger has a core temperature of 72°C.
12. Add the cooked burger to a burger bun and add any additional ingredients.
13. Place the raw burgers into a container and place in the fridge.