

Spicy Bean Burgers



Burgers can be made with a wide range of ingredients. You will make 4 small burgers.

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 a 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 the burgers into the grill or George Forman machine and cook thoroughly.
11. Use a food probe to ensure the burger has a core temperature of 75°C.
12. Add the cooked burger to a burger bun and add any additional ingredients.