

Burger and Bun: Homemade



Please bring a container to take your burger and buns home in.

Ingredients for Burger:

250g Minced Meat: Beef, Lamb, Chicken, Turkey, Pork
20g Onion: Finely Diced
15g Breadcrumbs
1 Teaspoon Dried Mixed Herbs
Any additional ingredients to flavour your burger

Ingredients for Burger Buns:

250g Strong Plain White or Brown Bread Flour
½ Teaspoon Salt: From School
½ Teaspoon Sugar: From School
50g Butter
7g (1 Sachet) Fast Acting Easy Blend Dried Yeast
150ml Warm Water: From School
1 Teaspoon Sunflower or Poppy Seeds (Optional): From School
Any additional ingredients to flavour your burger buns
Milk and Egg Wash: From School

Method:

1. Weigh and measure all ingredients accurately.
2. For the bread rolls: Measure out the warm water precisely using a jug on the weighing scales. Add the yeast and sugar to the warm water and stir. Put the mixture to one side.
3. Place the sieved flour into a Kenwood mixer, add the salt.
4. Cut the butter into small pieces and add this to the Kenwood mixer. Turn on and mix for 30 seconds with a dough hook until the mixture resembles breadcrumbs.
5. Add any additional flavourings.
6. Add the fermented yeast mixture to the Kenwood bowl a little at a time. Mix until the mixture gathers into a dough.
7. Use the dough hook to knead the dough for 5 to 10 minutes until a soft elastic dough is formed.
8. Pre-heat the grill or George Forman.
9. Meanwhile for the burgers, peel and roughly chop any vegetables.
10. In a food processor, combine the minced meat and onion. Whiz for 20-30 seconds so it is coarsely chopped and not too smooth.
11. Tip the mixture into a large bowl and add the breadcrumbs and any additional ingredients. Mix well.
12. Remove the bread dough from the Kenwood, divide the dough into 4 portions and knead for 30 seconds.
13. Shape the dough and place on a baking tray. Cover with greased cling-film and leave to prove in the grill compartment of the cooker for 15 to 20 minutes.
14. To progress with the burgers, 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.
15. Transfer the burgers into the grill or George Forman machine and cook thoroughly.
16. Use a food probe to ensure the burger has a core temperature of 75°C.
17. Once the bread rolls have proved for 15 to 20 minutes, remove the cling-film.
18. Glaze rolls with the milk and egg wash. Add any toppings.
19. Bake for 12 to 18 minutes until golden brown. To test the rolls are fully cooked tap the bottom of the rolls and they should sound hollow.
20. Leave to cool before cutting.
21. Prepare any filling ingredients such as lettuce, tomatoes or cheese.
22. Add the cooked burger to a burger bun and add any additional ingredients.

