Group:…………. Making on:……………………….

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**Burgers**

Ingredients:(Please weigh ingredients out at home if possible).

* 1 small onion
* 250g -300g quality beef mince (will make 3- 4 burgers) You can also swap the beef mince to lamb mince, turkey mince or pork mince if preferred.
* 1 egg beaten

**Extra ingredients I am adding to flavour my burger:** (circle which you will add)

1 teaspoon mixed herbs (e.g. oregano, basil, parsley), 1 teaspoon curry powder or spices, 2 teaspoon of Worcestershire sauce or mustard, 25g grated cheese (e.g. mozzarella, cheddar, red leicester), 2 spring onions.

Method:

1. Peel and slice the onion very finely.
2. Tip the mince into a bowl with the onion. Add the beaten egg. Add any extra ingredients. Then mix with your hands.
3. Divide the mixture into three or four even sized pieces. Carefully roll the mixture into balls, each about the size of a tennis ball.
4. Set in the palm of your hand and gently squeeze down to flatten into circles about 3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly.
5. Cover with cling film and leave in the fridge to firm up.

**Cooking at home: (if not cooking straight away, these can be stored in the fridge for 1 day or freezer for 3 months).**

1. Preheat the oven to 190C, gas mark 5.
2. Grease a baking tray with some oil or line with foil.
3. Take burgers out of the fridge, unwrap the cling film and place onto baking tray.
4. Place baking tray in the oven and bake for 15minutes.
5. After 15minutes carefully take the tray out of the oven and then turn the burgers over and cook for another 10-15mins. **(The meat must be brown all the way through!)**
6. When cooked take out of the oven.
7. Serve in a sliced bun.

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