

Date of practical.....

# Beef Burgers

<b><u>Skills</u></b>	Simmering
Peeling	Boiling
Chopping	Blending
Slicing	Shaping



## Ingredients

400- 500g of fresh, raw minced beef  
1 onion  
Salt and pepper  
Mixed herbs  
1 slice of bread (crumbed)  
1 beaten egg  
1 oxo cube

A sealable container to carry the burgers home in.

## Method

1. Check oven is on gas 6 (200 C)
2. Collect a baking tray and a cutter
3. Finely chop onion.
4. Put meat in bowl, add chopped onion and breadcrumbs salt + pepper herbs, crumble in oxo and carefully add only  $\frac{1}{2}$  of the beaten egg.
5. Mix together well, put onto a red chopping board and divide evenly into 6 portions.
6. Put the burger in a cutter on the board and press down to shape it. Place burgers onto a baking tray, making sure all burgers are of equal size.
7. Cook 15 mins. Test it has reached over 72°C in the centre if possible, they should look cooked and attractive.
8. Clean tables and wash up in hot soapy water.
9. Clean and check unit
10. Put burgers on display, garnish.

## Making the sauce

1. Chop the onion and peppers etc., put in a saucepan with the oil
2. In a jug make up stock using  $\frac{1}{2}$  pint of boiling water. Add herbs, sugar and any other flavouring.
3. In a small bowl place 2 tablespoons of corn flour and blend 4 tablespoons of cold water to it.
4. Open the tin of tomatoes and chop them up
5. Fry the onions and peppers until soft and then add the tomatoes, stock and the corn flour mixture, in this order.
6. Bring to the boil stirring all the time until it thickens and then simmer for 10 mins.
7. Check seasoning and pour into the dish to take home
8. Wash, tidy and put away all equipment.

## Sauce Ingredients

1 tin of tomatoes  
25-50g corn flour (1-2 tbsp)  
1 onion  
 $\frac{1}{2}$  red pepper (optional)  
 $\frac{1}{2}$  green pepper (optional)  
 $\frac{1}{2}$  yellow pepper (optional)  
1 clove of garlic (optional)  
5g (1tsp) sugar  
1 oxo cube  
10g (2 tsp) mixed herbs  
25ml oil  
Container to take it home in