

Beef Burgers



L Prep: 15 minutes
Plus an optional 10 minutes

L Cook: 10-20 minutes

Serves: 4

Recipe info

Ingredients

1 onion
2 slices dry bread
500g lean minced beef
1 egg
1 tsp cumin seeds
¼ tsp cayenne pepper

To serve

3 tbsp tomato ketchup
1 tbsp mild mustard
4 white or wholemeal bread rolls
4 lettuce leaves
Black pepper to taste

Equipment

Chopping board
Sharp knife
Grater
Measuring spoons
Large glass bowl
Fish slice or palette knife
Oven gloves
Small bowl
Plate



Description

These beef burgers are a healthy version of the ubiquitous beef burgers consumed at fast food restaurants. Making burgers is cheap, simple and fun.

Method / What to do

1. Peel and finely chop the onion.
2. Grate the bread to make the breadcrumbs.
3. Mix the beef, onion, egg, cumin seeds and bread crumbs in a large bowl. By far the best way to do this is with your hands. If the mixture is very wet add more breadcrumbs.
4. Divide the mixture into four and form each into a burger shape. Pat them well to prevent them falling apart when cooked. Ideally, put them in the fridge for 10 minutes before cooking, although this is not essential.
5. Preheat the grill to medium / hot. These burgers are also great for cooking on a barbecue.
6. Grill for around 5 to 8 minutes on each side, depending on how well done you like your beef.
7. Turn the grill up to high two minutes before the beef burgers are cooked, add a very light dusting of cayenne pepper onto the burgers. Put them back under the grill for the remaining two minutes.
8. Mix the tomato ketchup and mustard in a small bowl, then top each burger with a teaspoon of the mixture.
9. Cut the rolls in half and lightly toast the cut side.
10. Finally, top the burger with a slice of lettuce, and place it in the cut roll. Eat immediately. Salad or a serving of baked beans are great accompaniments.

Teaching point

- ⊙ Using hands to mix up the ingredients is the most effective way, therefore ensure children wash their hands thoroughly before and after this process.