

Designer burger

Ingredients for burger: Makes 4

500g minced beef
1 red onion, finely chopped
1 tbsp flour
1 handful of breadcrumbs
½ tsp coriander
½ tsp cumin
½ tsp dijon mustard

To serve

1 burger bun, salad, sauces



Special diet information

Vegetarian	Use quorn or soya mince, or bean or chickpeas
Coeliac	Use GF flour in burger and a GF burger bun
Lactose intolerant	Use soya cheese for a cheese burger

Method

1. Pre heat the oven to 220°C/ Gas No 7
2. Mix together all the ingredients in a bowl with a wooden spoon
3. Divide into 4 equal parts
4. Shape into 4 burgers using the burger press
5. Place on a lined baking tray and bake in the oven for 25 minutes, until cooked right through
6. Wash hands and huge CLEAN AS YOU GO
7. Prepare your special extras... wash, peel, slice, grate
8. Assemble your burger with bread and your burgers specials

Risk Assessment... potential risks include:

Bacteria on food out of date or unchilled stored food, cuts from using knife, peelings or water on floor making it slippery, burns from oven, bacteria from hands getting onto salad and bread, bacteria growing on food after cooking and before eating.

List what you can do to make your practical safe:

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Skills: Handling raw meat; shaping; baking; knife skills; presentation

Photo

