



# Burger Recipe

by Benedict Hancock

## Burger Ingredients (serves 4)

### Burger Meat Ingredients

- 500g Minced Beef (Or Lamb/Pork)
- 1 Onion
- 1 Egg
- 15g Plain Four
- 5-10g of Salt
- 5-10g of Pepper

### Toppings and Bun's

- 4 White/Brown Burger buns
- Sauces (Ketchup/Mayo/BBQ/Etc)
- Lettuce leaves
- 1 Onion

## Optional Burger Ingredients

### Optional Burger Meat Ingredients

- Herbs (15g Thyme/ 10g Sage/ 20g Parsley)
- Spices (Paprika/Chill Powder)
- 1 Diced Garlic Clove

### Optional Homemade Burger Bun Recipe (makes 4 buns)

- 400g Strong Bread Flour
- 7g or 1 Sachet of Dried Yeast
- 250g Lukewarm Water
- 1 Teaspoon of Sugar
- 1 Teaspoon of Salt
- 1 Whisked egg (Plus Extra for Glazing)
- 2 Tablespoons of milk

### Optional Toppings

- Mango Chutney
- Cheese Slices
- Bacon

## Tools

- Sharp Knife (Be Careful with this, make sure to have adult supervision)
- Bowl
- BBQ Or Oven Hob
- Oven (If you are making the *Homemade bun's*)
- Saucepan

## Method

(**Note:** *Optional Steps/Ingredients will be in italics*)

1. Dice the onion into small cubes, whisk the egg and add to the bowl with the minced beef, flour, salt, and pepper.  
*If you are using the Herbs, Spices and Garlic clove add those to the bowl as well.*
2. Using (washed) hands mix it all together until you have a firm mix. Then weigh the mix and split into 4 evenly sized balls. Then shape those balls into discs to make the burgers.
3. Cook the burgers (*And Bacon*) either on a BBQ or Oven Hob (With a Pan), Then add place on the bottom bun, adding lettuce, sliced onions, *Mango Chutney, Cheese, Bacon,* and sauce, and Enjoy!

## Optional Homemade Burger Bun Recipe

1. *Put 400g of strong bread flour in a large bowl*
2. *Create a small well in the middle of the flour and put the yeast in it, then add enough lukewarm water to fill the hole. Make sure your water is lukewarm, as hot, or boiling water will kill the yeast. If you see a small foam on top of the water, that means it is the right temperature*
3. *Add the Salt, Sugar, Milk, Whisked Egg, and oil, placing them away from the well, around the sides of the bowl. As direct contact to salt kills the yeast.*
4. *Add the rest of the lukewarm water and mix with (washed!) hands or a wooden spoon, until it all forms together.*  
*If your dough is too wet, add extra pinches of bread flour*  
*If your dough is too dry, add extra water.*

5. *Sprinkle a generous amount of flour on your worksurface, then place the formed dough on it and begin kneading, for around 5-7 minutes.  
To knead the dough, you take one end of the dough with each hand, then pull and fold them together, then rotate the dough roughly 90 degrees and repeat for 5-7 minutes.  
After 5-7 minutes of kneading, your dough should be smooth and bouncy, if it is not then just kept kneading until it reaches that state.*
  
6. *Then take the bowl you made the dough in, clean it, then coat the inside of the bowl with oil, place your dough inside, then cover with cling film.  
Then take the bowl and place it in a warm location for 1 hour to prove  
Personally, I would suggest the top self of a cupboard, or near something that generates a light heat, such as boiler pipes.  
Do not place it near sources of extreme heat such as a fire or oven, as that will both kill the yeast and be a fire hazard.*
  
7. *After 1 hour of proving, take the dough out the bowl, weigh it, then split it into 4 even dough balls. Place them on a baking tray and leave in a warm place for another hour.  
Also, Pre-heat your oven to 200 Degrees (Gas Mark 5-6)*
  
8. *After another hour, The Buns should have doubled in size.  
Then take the tray and place it in your oven for 10-15 minutes*
  
9. *Once they are done, use oven gloves to take them out the oven, then leave them too cool for 5 minutes, then cut each bun in half and use for the burgers.*