

LETS PREPARE FOR PRACTICAL

Hygiene – Aprons, Hands, Surfaces

Equipment – Mixing Bowl, scrap bowl, measuring jug, Red chopping board, wooden spoon, frying pan, table knife, teaspoon, weighing scales, fish slice/ slotted spatula, baking tray, measuring jug.

Ingredients –

- 175g of ground beef or Quorn mince.
- 1 egg
- 35 grams (3 ½ tbsp) of breadcrumbs
- 2 tbsp. diced onion
- A pinch of salt, pepper and herbs



Beef Burgers



Ingredients:

- 175g of ground beef
- 1 egg
- 35 grams of breadcrumbs
- 2 tbsp. diced onion
- A pinch of salt, pepper and herbs
- 1 bun
- Lettuce/ slice of tomato

Method:

- Pre heat oven 180

1. Place diced onions and breadcrumbs into mixing bowl.
2. Whisk your egg in your measuring jug.
3. Add egg to your mixture.
4. Add herbs, salt and pepper for favour.
5. Now add in the meat or quorn.
6. Mix all the ingredients together with your hands.
7. Shape into burgers and place in a frying pan. Check & turn your burger regularly so that it browns evenly and does not burn.
8. Transfer burgers to your baking tray and place in oven. cook thoroughly for approximately 15 minutes. Check burger is cooked in the middle.
9. If using cheese place on top of burger and melt in oven for approx. 5 minutes.
10. Now place in bun and add lettuce, tomato and sauce