

Burgers in a bun

Ingredients

Burgers

450g minced

beef/turkey/lamb/pork/soya

1 egg

Salt and pepper

1 tbsp vegetable oil

Buns

75ml milk

15g butter

150g strong plain flour

1 tsp sugar

Pinch of salt

1 sachet dried yeast (7g)

1 egg

Sesame seeds (optional)

Flavouring suggestions - Pick your favourite combination of 2 or 3 for the burgers

- 1 dsp dried or fresh chopped herbs
- 1 tsp spices
- 1 dsp worcester sauce
- 1 small chilli chopped
- 1 grated apple
- 1 tbsp parmesan or blue cheese
- 1 tbsp tomato puree
- 1 dsp lemon / lime juice

**** Remember to bring a lidded container to take it home in ****

Oven temperature :180°C fan or gas mark 6

Method:

1. Preheat oven
2. Heat milk and butter gently in pan until butter has melted. Do not boil
3. Add flour, sugar, yeast and salt into bowl and break egg into middle.
4. Slowly add warm milk mixture and mix until you have a smooth dough
5. Knead the dough for 10 minutes until smooth and elastic
6. Divide into 4 and roll into balls
7. Put into warm place and leave to prove for 30 minutes.
8. Break egg into a jug and lightly beat with a fork
9. Add mince and your chosen flavourings to a clean bowl and add the egg
10. Mix all the ingredients together thoroughly.
11. Divide the mix into 4 equal portions and shape into burgers
12. Remove buns from warm place, brush with egg and sprinkle over sesame seeds
13. Place in oven to bake for 10-12 minutes
14. Place burgers in grill and cook for 6 minutes
15. Turn burgers over and cook for another 6 minutes. Check core temperature is 75°C before serving