

The Ultimate Burger

Makes 4

Ingredients

500g minced beef
1 small onion, chopped
1 small bunch of fresh chopped parsley or other herb of your choice
1 tsp Tabasco sauce
Salt and pepper
2 tbsp sunflower or olive oil
Fillings of your choice such as lettuce, onions, tomatoes and cheese
4 burger buns
Sauces of your choice (thousand island dressing is very tasty)

Equipment

A mixing bowl
A knife
Chopping board
Frying pan

Method

1. In a large mixing bowl, place the minced beef, chopped onion, chopped parsley, salt and pepper and tabasco sauce. Mix together lightly with your hands until everything is thoroughly combined.
2. Form the mixture into four large burgers, using wet hands to prevent the mixture sticking. Chill the burgers for at least 30 minutes before grilling.
3. Line the grill tray with foil and preheat the grill for about five minutes before cooking. Brush the burgers with oil on one side. Lay them oiled side down, on the grill and brush the tops with oil.
4. Grill about 10cm from the heat, for about two to three minutes on each side for rare burgers, four to five minutes for medium or six for well done.
5. You can also fry the burgers but they will probably cook more quickly.

Ideas

Try adding grated vegetables to the mixture; carrot and beetroot work very well.

Interesting fillings could be guacamole, fried eggs, bacon