

HOMEMADE BURGERS

By



Chef Chris



PREPARATION TIME



COOKING TIME



SERVES



ماركت الواجحة البحرية
WATERFRONT MARKET



INGREDIENTS

- 4 burger buns
- 8 slices of yellow cheddar cheese
- 1 tomato
- 4 lettuce leaves, washed
- 8 slices beef bacon
- 4 large pickled cucumbers

For the beef patties:

- 1 kg beef mince (80% meat and 20% beef fat)
- 2 cloves of garlic, minced
- 2 medium red onions, minced
- 1 egg
- 100ml olive oil

- 1 pinch salt
- 1 pinch pepper
- 1 pinch dried oregano

For the sauce:

- 80g mayonnaise
- 70g ketchup
- 5 caper berries
- 1 pinch pepper

For the caramelized onions:

- 2 medium red onions, sliced
- 1tsp butter
- 1tsp balsamic vinegar
- 1tsp sugar
- 1 pinch salt



ماركت الواجحة البحرية
WATERFRONT MARKET



Method:

To make the burger patties:

1. Into a mixing bowl add the minced beef, minced onions, garlic and egg. Using a spoon – or your hands – mix everything together, well.
2. Add 80ml of the olive oil, the salt, pepper and dried oregano. Knead the mixture until all the ingredients are combined (approx. 10 minutes).
3. Portion the mixture into 8 equal parts and roll into patties. rest them in the fridge the patties on a plate, cover with cling film and put them in the fridge for a minimum of 1 hour. This allows all the wonderful flavours to infuse the minced beef. Whilst the patties are in the fridge, prepare the sauce and caramelized onions.



ماركت الواجهة البحرية
WATERFRONT MARKET

For the Sauce:

1. Finely chop the caper berries.
2. To a small bowl add the ketchup and mayonnaise. Whisk until combined.
3. Mix in the caper berries and pepper.
4. Store in the fridge until serving time.

For the caramelized onions:

1. Heat a large pan on medium heat. Add the butter, sliced onions and salt, stirring gently until the onions look glossy. At this point the onions will release their moisture and start to 'sweat'. Ensure that the temperature isn't too high, but just enough so that the onions keep their colour and shrivel.
2. Constantly stir the onions whilst they cook. They will slowly start to release their sweet aroma, turn a light golden colour and then gradually deepen to a golden brown. Keep the heat on medium so they don't burn.



ماركت الواجهة البحرية
WATERFRONT MARKET



3. Now add the sugar, stirring well. Once all the onions are coated, add the balsamic vinegar and keep stirring gently for around 20-40 minutes. (Cooking time will depend on the heat, the thickness of the onion slices and how dark you prefer your caramelized onions.) When you notice a brown glaze building on the pan and smell a sweet, caramel-like aroma, your onions are ready.

Cooking the burgers:

1. Turn your grill, barbeque or grill-pan onto high, brush with a thin coat of olive oil and allow to heat up. Make sure you preheat your grill very well before cooking your burger patties to ensure the middle of the patty will be perfectly cooked whilst keeping all of its juices inside. Tip: Always use tongs or a spatula to flip your burgers.

Burger toppings:

1. While your burger patties are cooking, cut the tomato into thin slices and either shred or cut the lettuce so it will fit the buns nicely. Slice the pickled cucumbers thinly.
2. After 5-7 minutes – depending on heat – flip your burger patties. Onto the cooked side of the patty, place a slice of cheddar cheese. It will melt whilst the other side of the patty cooks.



ماركت الواجحة البحرية
WATERFRONT MARKET



3. The second side of the patty will take less time to cook, so after about 4 minutes, remove the patties from the grill.
4. Give the grill a quick wipe down to remove any leftover juices and fat, then cook your beef bacon rashers. Grill well on both sides until the bacon is still juicy and a little bit crispy.

Burger assembly:

1. Cut the burger buns down the middle and put the halves, middle side down, on the grill. Cook until they go a light brown colour – this only takes a few seconds.
2. Onto the bottoms of the bread rolls, spread the sauce. Next, add a burger patty with melted cheese, 2 slices of beef bacon, a dollop of sauce, another burger patty with cheese, a thin slice of tomato and 2 pickle slices. Complete the toppings with some lettuce, caramelized onions and then add the tops of the burger buns.

For an added treat, deep-fry – or for a healthier option, air-fry – some French fries as a side dish. Enjoy!

Bon appétit!



ماركت الواجهة البحرية
WATERFRONT MARKET