



Gourmet Angusburgers

Burgers come in all shapes, sizes and quality. What makes this burger recipe special is using special burger mince.

This is Aberdeen Angus beef trim that has a little more fat than lean steak mince, but which keeps the burger succulent whilst cooking.

Getting the balance of lean to fat in the beef trim is the key to the perfect burger and is the reason why burgers taste so much better from a good butcher.

Serves: 8

Ingredients

- 1kg minced Aberdeen Angus burger beef
- 1small onion, finely chopped
- 4tbsp fine bread crumbs
- 1egg, lightly beaten
- A pinch of cayenne pepper
- 1tsp salt
- 1tsp mustard powder or mustard
- 1/2 tsp black pepper
- 2 cloves garlic, crushed



Method

Place the Aberdeen Angus minced beef in a large bowl and add the remaining ingredients.

Mix together by hand until it just holds together.

Wet your hands then shape the mixture into burgers by flattening the mixture in your hand about 2cm or 1 inch thick and smoothing the edges.

The burgers can now be cooked either on a griddle pan, non-stick frying pan or barbeque.

To prevent sticking, make sure you pre-heat the frying pan and griddle pan to a medium heat and use a little oil.

Cook the burgers for about 5 minutes on each side, turning them once only. Serve the burgers in buns with salad. Enjoy...