

Cheesy Beef Burgers

Edward says: I simply adore this recipe for homemade burgers. I love to have a burger at least once a week and with some much different flavouring you can experience a different burger every time you indulge. The recipe we have listed will make 6-7 substantial sized burgers so you can wrap them up in cling film and freeze some until they are required. Also if you wish use this recipe to make meat balls to serve with tomato enriched spaghetti.

1 ½lb/700g lean minced beef
1 medium sized onion/1 bunch spring onions-finely diced
2 cloves garlic-finely diced
2oz/50g breadcrumbs
2oz/50g grated parmesan/mozzarella cheese
2 dessert spoon tomato ketchup/chilli jam
1 large egg
Freshly chopped parsley
Seasoning

Put the minced beef into a large mixing bowl.

Add in the finely diced onion and garlic.

Mix in the breadcrumbs, cheese and chopped parsley together with the tomato ketchup/chilli jam.

Season the mixture with a little salt and pepper.

Add in the egg and mash the mixture together with your hands using the egg as a binding agent.

Divide the mixture into 6-7 pieces and using a little plain flour shape them into your desired shapes about ½ inch thick.

Allow to rest in the fridge for at least 30 minutes.

Heat a large frying pan with a little oil and then pan fry the burgers on either side until golden brown.

Transfer them to the oven and cook for 12-15 further minutes to make sure that they are well cooked through.

Cut one in the centre just to make sure as undercooked mince is a high risk product.

Serve with some toasted burger buns, chilli mayonnaise, lettuce leaves, sliced tomatoes, grilled bacon & sliced cheese.

Edward's Handy Hint:

If desired you can cook them in the oven from scratch and you even up with a lovely baked beef burger and saves you having to pan fry at all.

