

Best Burgers Ever

Serves: 4

Cuisine: British

Preparation time: 10 minutes

Cooking time: 35 minutes

Ingredients:

1kg Beef mince
2 Red onions, finely chopped
2 Eggs
1-2 Handfuls of fresh breadcrumbs
1tbsp Coriander seeds, crushed
1pinch Cumin seeds, crushed
1tsp Dijon mustard
Salt and freshly ground black pepper

Method:

1. Pre-heat the oven to 230°C
2. Put all the ingredients into a large mixing bowl and mix by hand.
3. Pull a handful at a time and make into a smallish tennis ball size then flatten out into a thick burger shape. (Note: you can refrigerate them at this time until needed or freeze for later)
4. Place onto a baking tray and put in the oven for 25 minutes. The outside should be nicely browned and crisp and the inside tender and pink.

To Serve:

Open up a soft bun and fry face-down in a little oil to crisp the surface. Serve with fried onions and mustard or ketchup. Add more traditional lettuce, tomato and gherkin ingredients if you want.

Chef's Notes:

Use exactly the same recipe to create meatballs for a great pasta dish with tomato sauce, or serve with tzatziki for a med flavour or as a tapas dish – very versatile and scrummy!