

# BEST HOMEMADE BURGERS



These burgers are succulent and delicious with or without a bun. Very simple, patted into shape and cooked until just done, they are winners in their own right, but if you dress them up with a tasty topping such as those suggested following this recipe, they are dinner-party-worthy with minimal effort.

900g mostly lean beef mince (a little fat needed)  
1 Tbsp Dijon mustard  
6 buns, halved (optional)  
1 Tbsp olive oil

1. Season the mince and lightly fold in the mustard. The lighter your touch, the more succulent the burger. Divide the mince into 6 roughly equal portions. Shape into rounded burgers, without squashing the meat too much. Press a thumbprint in the middle of the top of each burger (to prevent bulging when cooking) and sprinkle with a little more salt and pepper.
2. Heat the oil in a large frying pan over medium heat, then add the burger and fry for 3–4 minutes per side, for a browned crust and pink centre. Don't squash down on the burgers during cooking. Fry for an extra 2 minutes for a well-done finish; any longer will dry the burgers out. Cover to keep warm and set aside to rest for 4–5 minutes. Meanwhile, make the desired sauce or topping.

## Toppings

Prepare one or any combination of the following toppings or sauces:

**Caramelised red onions:** Page XX

**Cheese:** Top each burger with a slice of cheese. Cover with a lid to keep warm and rest for 5 minutes, during which time the cheese will melt slightly.

**Blue cheese sauce:** Heat  $\frac{3}{4}$  cup cream over medium heat and crumble 100g blue cheese into the cream. Whisk to melt the cheese, then simmer gently for 4–5 minutes to thicken.

**Mustard sauce:** Combine  $\frac{1}{2}$  cup cream,  $\frac{1}{2}$  cup strong chicken stock and 2 teaspoons of wholegrain mustard in a saucepan. Bring to the boil and simmer over low heat for 10 minutes until reduced and creamy.

**Mushroom sauce:** Gently fry 1 small sliced onion and 1 small chopped clove garlic in 1 tablespoon oil for 3 minutes. Add in 250g sliced mushrooms with 15g butter then fry for 3 minutes. Stir in  $\frac{3}{4}$  cup cream and 1 tablespoon soy sauce. Simmer over medium to low heat for 6–7 minutes until thickened.

