

BURGERS & HOMEMADE BURGER SAUCE



Sometimes all I want is to eat something that's both filling and comforting, and homemade burgers, fries and sauce is the obvious choice. It's not difficult to prepare and the fact that it's homemade helps with feeling less guilty that I'm not eating something healthy or less calorie-laden, for example, a kale salad, which, don't get me wrong, I *love* eating but, let's be honest...sometimes, it's just not what I'm craving for. So, this is my favourite homemade junk food, not totally guilt-free, but Oh, so tasty!

Yields:	Prep. Time:	Cook Time:	Total Time:
12-15 burgers	0 hours 15 minutes	0 hours 10 minutes	0 hours 25 minutes
			
Up to 4 months	Suitable from 6 months. Cut into small mouthfuls if served to babies under a year old		
			
Not suitable for vegans	Not suitable for vegetarians		

INGREDIENTS FOR THE BURGERS

- 1,200k ground beef, cut of choice (I prefer a lean cut, as I like to jazz up my burgers with lots of sauce and, of course, let's not forget the fries, too! But you can use a fatter cut. It makes for a juicier burger, it's true!)
- 2 Tbsp powdered onion
- 2 tsp powdered garlic
- 1 ½ tsp salt
- 1 tsp pepper
- ½ tsp rosemary, finely chopped
- ½ tsp thyme, finely chopped
- ½ tsp dried oregano
- ½ tsp sumac
- ¼ tsp cayenne pepper
- ½ tsp paprika (sweet or smoked, your choice)

- ½ tsp ground turmeric
- ½ tsp ground mustard
- 3-4 Tbsp Ketchup, heaped

METHOD

1. Place all the ingredients in a large bowl and mix together with clean hands, but make sure NOT to overmix, as this will make the burgers hard. Should make 12-15 patties, depending on how big you want them or not.
2. Once all the ingredients have come together, form the patties – small or large, depending on how you like them.
3. Place a little oil on a griddle pan and heat.
4. Place patties on top of the hot pan and cook, lowering the heat to medium-high for about 3-4 minutes.
5. Once cooked on one side, flip over and cook on the other for another 3-4 minutes.
6. Place a slice of cheddar cheese on the patty and allow it to melt.
7. In the meantime, cut your burger buns in half, and place them on an open-faced toaster.
8. Once toasted, place some of your homemade sauce (recipe below) on the bottom bun, then your burger, add some thin slices of tomatoes and lettuce leaves or mixed greens.
9. Spoon some more homemade sauce on the top bun and place on the burger.
10. Serve with fries.
11. If you'd like to freeze the burgers, then, once you've formed them, place on baking sheets and freeze.
12. Once frozen, cover with greaseproof paper and some aluminium foil, then place in freezer bags and store in the freezer for up to 4 months.



BURGER SAUCE

Yields:

1-2 cups

Prep. Time:

0 hours **20** minutes

Cook Time:

0 hours **0** minutes

Total Time:

0 hours **20** minutes



Not suitable for freezing



Not suitable for babies and children



Not suitable for vegans



Suitable for vegetarians

INGREDIENTS FOR HOMEMADE BURGER SAUCE

- 3 Tbsp mayonnaise, heaped
- 2 Tbsp Ketchup, heaped
- 1 Tbsp Dijon mustard, heaped
- 6-7 cornichons/pickles, very finely chopped
- 1 small onion, very finely chopped
- 1 ½ Tbsp vinegar
- 1 large squeeze of Sriracha or less if you prefer it less hot

METHOD

1. Finely chop your cornichons and onion, and place in a bowl.
2. Add the rest of the ingredients and stir.



3. And, *Voilà!* Your sauce is ready!



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