



Homemade Hamburgers



Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 20-30 mins
Resting Time: 30 mins (to chill)



METHOD

In a large mixing bowl, mix all ingredients together well. Form 6 large or 8 smaller patties - roll a handful of mixture into a ball, place it on a breadboard and flatten. The patty rises during cooking so it is advisable to make the patty quite wide and not too thick.

Leave the patties on the breadboard & chill in the fridge for at least 30 mins to avoid breaking up while frying. For even better results, pack each patty individually into a sandwich bag & freeze until needed.

Remove from the fridge (or freezer - no need to thaw!) & fry covered in a fairly hot frying pan in olive oil & butter, turning only once, to the desired doneness.

INGREDIENTS

- 500g lean mince (beef, lamb or ostrich)
- 1 onion, peeled & diced
- 40g fresh breadcrumbs (2 slices bread)
- 2 large eggs, beaten
- 2 Tbsp barbeque spice
- 2 tsp finely chopped garlic
- ½ tsp finely chopped chillies (optional)
- 1 tsp paprika paste (or ½ tsp powder)
- 1 Tbsp tomato sauce
- 1 Tbsp Worcester sauce
- 5 drops tabasco sauce
- 1 tsp green onion seasoning
- 1 Tbsp dried parsley
- ½ tsp white pepper
- freshly ground salt & black pepper
- 1 Tbsp light olive oil or coconut oil
- 1 Tbsp butter



SERVING SUGGESTIONS

Serve each patty on a buttered bun or *Low-Carb Oopse Rolls** with cheese, fried onions, sliced tomato & lettuce. Top with *Guacamole**, *Tomato Relish**, or *Mushroom Sauce**.

