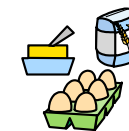











Beef Burgers



Recipe from Northampton College







Ingredients

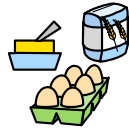
 **6**  **2**    
For 6 portions, 2 burgers each

1200   
1200 grams minced lean beef

60  
60 grams tomato ketchup

2  
2 teaspoons salt

   
1/2 teaspoon black pepper



Ingredients



Seeded buns

400



400 grams



sliced



onions

200



200 grams



mushrooms

25



25 grams



oil

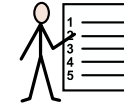
60



60 ml



water



Method



To prepare



the patties,



mix



the beef,



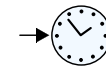
tomato ketchup



and



seasoning



until



it is



completely



bound.



Divide into

12



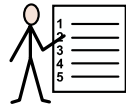
patties



and shape



as required.





Method











 Put the onions, mushrooms, oil and water





 into a thick bottomed saucepan.


 Cook until soft.

 Toast the buns, and

 build the burgers as required.