

Build a Burger Worksheet

Bread Choice:

Standard Bread Recipe	Adapted Recipe
150g strong flour 1 sachet quick acting yeast (7g) Salt (½ teaspoon) and sugar (1 teaspoon) Warm water	



Burger Choice:

Standard Burger Recipe	Adapted Recipe
225g of minced meat 3 teaspoons dry porridge oats 1 small onion 1 small egg	



Salad/Sauces/Toppings Choices:



Explain why your choice of ingredients is going to make a great burger (appearance, taste, texture and aroma):

Timing Plan

Time	Order of Work	Safety points
	<p>Heat oven to 200C</p> <p>For the buns, place the flour, sugar and salt into the mixing bowl and stir in the yeast.</p> <p>Make a well in the flour and add enough warm water to make a soft dough.</p> <p>Turn onto a lightly floured surface and knead for 5 mins until smooth.</p> <p>Place the dough in the bowl and leave to prove.</p> <p>For the burgers, peel onion and finely chop.</p> <p>Add minced meat, chopped onion, porridge oats, a beaten egg and the mixed herbs to a mixing bowl and mix thoroughly together.</p> <p>Using a ¼ of the mixture each time shape into four burgers.</p> <p>Place onto the baking tray lined with baking parchment and bake for 20 minutes.</p> <p>For the buns, divide the bread dough into 4 equal pieces and roll each piece into a round shape and place on the baking tray. Brush bread rolls with a little milk and sprinkle with poppy or sesame seeds, if desired.</p> <p>Bake for 10 minutes, until the rolls sound hollow when tapped on the base.</p> <p>Prepare any other accompaniments</p> <p>Assemble your burger</p>	