

Burgers all the Way

Meat Burger, Sweet Potato and Quinoa Burger, Bara Brith

Meat Burger

Ingredients

- 1-2 tbsp. olive oil
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 500 gm best quality minced lamb
- 1 tsp. ground cumin
- 2 tbsp. chopped fresh mint
- Salt and black pepper
- 4 Warm pitta breads, halved
- 8 tbsp. tzatziki (made from 150 gm Greek yoghurt, grated zest & juice of 1 lemon, crushed garlic clove, 1 tbsp. chopped fresh mint, salt and pepper all mixed together)

Method

1. Heat the olive oil in a large pan. Soften chopped onions with the garlic for 10 minutes. Allow to cool.
2. Mix with the lamb, spices and herbs and seasoning. Shape into 8 small burgers. Put on a large plate, cover and refrigerate for 30 minutes.
3. Heat a large non-stick frying pan with a little oil. Cook the burgers over a medium heat until browned and cooked through, about 3-4 minutes on each side. Serve in warm pitta pockets with tzatziki.

Sweet Potato and Quinoa Burger

(This recipe introduces you to quinoa – hailed as the super grain of the future but is actually a grain from the past. It was cultivated by the Incas high in the Andes for hundreds of years!)

Ingredients

- 500 gm sweet potatoes
- 150 gm quinoa
- 375 ml vegetable stock
- 1-2 tbsp. olive oil
- 1 red onion, finely chopped
- 2 garlic cloves, finely chopped
- ½ tsp. ground cumin
- ½ tsp. smoked paprika
- 2 tbsp. chopped fresh parsley
- 6 large field mushrooms
- 6 slices of goats cheese
- Salt and black pepper

Method

1. Preheat the oven to 180° C (fan), gas mark 6. Prick the sweet potatoes deeply, put on a baking tray and bake for 45 minutes until they give when you squeeze them. Turn off the oven but leave them in to dry out further and cool.
2. Cook the quinoa by rinsing in cold water and then dry fry in a sauce pan for a few minutes. Pour in the stock, season if necessary, bring to the boil and simmer for approximately 15 minutes until the liquid has been absorbed. Remove the pan from the heat and let it stand for 5 minutes.
3. Heat the olive oil in a large pan. Soften the red onions for a few minutes then add the garlic for 2minutes more. Leave to cool.
4. Remove the potatoes from the oven. Turn the oven on again to the same temperature as before. Scrape the potatoes out of their skins and mash in a bowl with the quinoa and red onions. Add the herbs, spices and seasoning. Mix thoroughly and make into 6 burgers.
5. Place the burgers on a baking tray. Trim the stems from the mushrooms. Season the mushrooms with salt and pepper, put them on a second baking tray with the stems and drizzle with a little olive oil. Bake everything in the oven for 15 minutes, put the cheese on top of the burgers and cook for a few minutes until melted.
6. Serve the burgers on top of the mushrooms.

Bara Brith

Ingredients

(Pastry)

- 375 gm mixed dried fruit
- 250 gm light muscavado sugar
- 300 ml strong hot tea (strained)
- 300 gm self-raising flour
- 1 egg, beaten
- 1kg loaf tin

Method

1. Into a large bowl, pour the hot tea over the dried fruit and sugar and leave to steep (soak) for at least 8 hours or overnight.
2. Preheat the oven to 150° C (fan), gas mark 2. Line a loaf tin with baking parchment. Stir the flour and egg into the dried fruit and tea mixture. Mix thoroughly and turn into the loaf tin.
3. Bake in the oven for 1½ hours until well risen and firm to the touch.
4. Leave to cool in the tin for ten minutes, turn out onto a wire rack and peel off the parchment. Leave to cool completely.