

Learning Intentions - to use ingredients high in Protein.

- to avoid cross-contamination.

Burger

Ingredients

Burger:

75g lean minced beef

15ml breadcrumbs

10ml beaten egg

Choice of:

garlic powder

curry powder

chilli powder

1 bread roll

1 lettuce leaf

Equipment

small bowl

chef knife

fork

palette knife

pot stand

chopping board

flour dredger

baking tray

red chopping board

plate

fish slice

Method

1. Set oven to 200 °C / Gas Mark 6.
2. Collect all equipment and burger ingredients. Mix them with fork in a small bowl.
3. Turn mixture onto a floured red board and shape with palette knife (as demonstrated by teacher).
4. Place burger onto tray using fish slice.
5. Bake for 15-20 minutes until no pink juices run out.
6. Wash hands and wipe down area. Wash and dry dishes. Return red board.
7. Collect lettuce and bread roll. Wash lettuce and pat dry on a paper towel. Roll and shred on chopping board. Cut open roll.
8. Place baking tray on pot stand. Check burger for readiness and place carefully into roll using fish slice. Cover in shredded lettuce. Wash up.