Homemade burgers

Makes: 8
Exchanges: 0.5 exchanges per burger (1/2 sachet burger mix**)**




Ingredients
4 Promin burger mix 'beef' flavour*
500g Protein all Purpose Mix (extra for dusting)
1 sachet yeast
2 tsp salt
50mls olive oil
450mls warm water
gravy browning drops (optional)
Burger toppings of choice!

Method (burger buns)

1. Preheat the oven Gas Mark 6/200°C/400°F.
2. Place the Fate All-Purpose Mix into a bowl. Stir in the yeast and salt.
3. Measure the oil and warm water into a jug.
4. Add a few drops of gravy browning if liked.
5. Pour the oil and water mixture onto the dry ingredients and immediately start mixing using a whisk to quickly blended together. It will be runny to start with, but after about 20 – 30 seconds, the mixture will thicken. Then mix very gently for about 1 minute. It should be smooth and silky.
6. Leave to rest for a couple of minutes.
7. Place a piece of cling film onto your scales. Sprinkle it with a little extra Fate All-Purpose Mix. Also, dip your hands in Fate All-Purpose Mix to dust well.

8. Using a large spoon, take a heaped spoonful of the bread mixture and place it onto the cling film on the scales.

9. For a burger bun, you need to weigh about 100g. (You do not have to be too precise about the weight, just so long as they are within 10g of each other.) This ensures that rolls on the same tray will need the same cooking time.

10. Using the cling film to help you, transfer the mixture into your other (dusted) hand, and gently pass the mixture from one hand to the other, once or twice until the surface is smoothed, and a round ball is made. You do not have to press or knead the mixture at all.

11. Place the rolls onto a baking tray lines with parchment paper.

12. Bake for around 30 minutes until golden brown.

Method (burger patties)

1. Preheat a frying pan on medium to high heat, adding a few sprays of oil into the pan.
2. Open the Promin Burger Mix- Beef flavour and pour into a bowl.
3. Measure 100mls and add to the burger mix before stirring all together into a paste. Leave for it to thicken for 1 minute approximately.

4. Pour the mixture onto the pan to make 2 circular burgers. Fry for 2 minutes before flipping.
5. Repeat steps 2-4 3 more times to make 8 burgers.
6. When the burgers are cooked most of the way, add onto the George foreman or BBQ for 3 minutes to get lovely seared lines!
7. The burger buns should be finishing up baking so take these out and add your toppings of choice. Enjoy!