

Healthy Food Cooking
with the

Deadly
Koolinga
Chet's

Home Made Burger Week

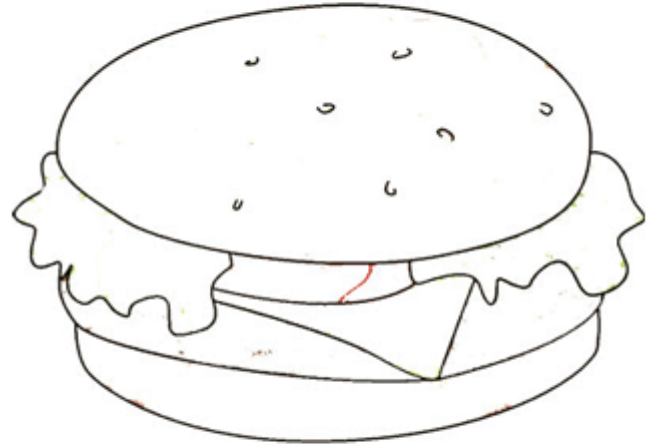
Name: _____

Burger Recipes

Homemade Beef Burger

Ingredients

- 500g 4 Star beef mince
- 2 tbsp olive oil
- ½ brown onion
- Salt and pepper
- 2 garlic cloves, minced
- 2 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- ½ tsp salt
- ¼ tsp pepper
- 1 large egg, beaten
- 4 - 6 whole meal round rolls
- 2 tomatoes sliced
- 8 lettuce leaves
- 1 carrot
- Sunflower sprouts, plus extra sprigs to garnish



Look at the Healthy Eating Pyramid, and write down the types of lean meat, fish and poultry you should be eating.

Homemade Turkey Burger

Ingredients

- 100g fresh pineapple, cored, cut into 1cm thick slices
- 1 small field tomato, halved
- ¼ red onion, sliced into 1cm thick rings
- 2 tbsp olive oil
- 1 tsp of fresh lime juice
- 500g butcher turkey mince
- 1 medium onion, chopped
- 1 tsp Worcestershire sauce
- 1 tbsp roughly chopped fresh coriander, plus extra sprigs to garnish
- 4 - 6 whole meal round rolls
- 1 avocado, peeled and cut into thin slices

Look at the "Plate Portion" picture and write down how much of your plate should be meats and how much should be vegetables?

Method

Homemade Beef Burger

1. Place the beef mince into a mixing bowl.
2. Grate the onion and finely chop the garlic and add them to the mince in the bowl.
3. Add mustard, Worcestershire sauce, $\frac{1}{2}$ tsp salt, and $\frac{1}{4}$ tsp pepper to the bowl.
4. Add egg.
5. Mix the mince and other ingredients in the bowl using your hands.
6. Divide mixture into 4 - 6
7. Preheat pan or barbecue for medium-high heat
8. Grill patties until brown then turn, cook until medium-rare, or to your liking
9. Cut the bread rolls in half
10. To serve, place lettuce on the bun then the patties topped with tomato, grated carrot and sunflower sprouts.

Method

Homemade Turkey Burger

1. Gently mix the turkey, hoisin sauce, and coriander in a large mixing bowl until well blended.
2. Form the turkey mixture into four equal size patties and place on a baking sheet lined with baking paper.
3. Divide the mixture into 4 - 6. Flatten the patties so they are slightly wider than the buns.
4. Lightly brush the turkey patties with olive oil and season each with salt and pepper on both sides, then place the turkey patties on the pan or BBQ.
5. Cook the turkey burgers until fully cooked through, about 3 minutes per side.
6. Cut the bread rolls in half.

To make relish:

1. Cook pineapple, tomato, and red onion with 1 tbsp. oil about 5 to 7 minutes in total, and season with salt and pepper. Remove from heat and let cool.
2. Once cooled place grilled items in a food processor and pulse until a chunky relish forms. Season to taste with salt and pepper and lime juice and set aside.

Season avocado slices with a little salt and pepper and place on the bun bottoms. Next place the patties onto the avocado. Spoon the salsa over each patty.

Can you remember what these abbreviations stand for?

tbsp	
tsp	
g	
L	
cm	

Writing Activity

What do you know about kitchen safety? Write one safety thing about:

Sharp Knives:

Cook tops and stoves:

Pot and pans on the cook top:

Raw meats:

Dirty dishes:

Circle all the words that describe the burgers you made

ADJECTIVES

tender trim tasty scented spicy sweet
yummy grand delicious tough oily satisfying
bitter sour hot yellow red orange
tangerine blue shiny white golden brown
tan strong crisp salty rich saucy sharp
ripe short sugary tangy tart creamy
juicy flavorful flavorless moist thick nice
pleasing interesting rough heavy thin fresh
green wet dry syrupy soft smooth striped dotted
cold crusty plump dull crispy
fine stringy chewy beautiful purple bumpy
liquid spiny wilted fair melting runny clean
round oval stout simple spongy uninteresting fat cool
pale brittle crumbly
firm fragrant aromatic perfumed acidic
peppery unripe unsavory silky squashy squishy
doughy luscious watery scrumptious succulent
scrumptious delectable earthy fibrous
rare pleasurable nutritious flavorsome bland
zesty zippy savory superior striated mealy
blushed palatable unbelievable