

Home Made Hamburgers

You'll need:

1 kg Ground Beef.
1 Clove Fresh chopped Garlic.
Half Cup Breadcrumbs (I use Panko but whatever you have to hand will do just as well).
Black Pepper and any other herbs/spices you like.
(I don't add salt as it tends to toughen the meat.)

Place all the ingredients in a large bowl and mix.

Depending on the meat you may need a little more/less breadcrumbs.

Mix well with your hands until the breadcrumbs are dispersed evenly and the mixture comes together.

Divide the mixture evenly - you can make meatballs or large/medium hamburgers.

Place in the refrigerator to chill for 30 minutes or longer if you have it.

Heat your frying pan, grill or BBQ but not too hot as you don't want to burn the meat.
Add a small amount of oil, then add the hamburgers.

Brown well on both sides.

Reduce the heat and allow the hamburgers to cook, gently turning occasionally.

You can continue to cook the hamburgers until they are cooked thoroughly and serve as you wish but I love mine with onion gravy.

Slice an onion and add to the pan.

Create a roux.

Mix together flour and butter and add to a small pan.

Allow the flour to cook out thoroughly and begin to brown.

Add stock until you have a rich consistency.

Season to taste.

Add Gravy to onions and hamburgers.

Continue to cook the hamburgers, turning occasionally, and baste the hamburgers with the hot gravy.

The hamburgers will be ready when the onions have softened and the gravy has thickened slightly.

Serve with boiled potatoes and garden peas.

