

The Blues Burger

Serves 6 – 12 – see notes

Ingredients

2 onions
4 cloves garlic
sunflower oil
60g fresh (30g dried) mixed herbs, chopped
1,2kg minced rump steak
10 ml soy sauce
20ml Worcestershire sauce
dash of Tabasco
1 egg
salt and pepper to taste

What to do

1. Finely chop the onion and garlic and sauté these in a little sunflower oil until translucent.
2. Remove from the heat; add the dried herbs and leave to cool.
3. Put the mince into a large bowl and season with the soy, Tabasco and Worcestershire sauces. Add the cooled onions and fresh herbs if using, along with the egg, season with salt and pepper.
4. Divide the burger mix into six (or 12) even balls and shape into patties. For best results, allow the burgers to sit in the fridge for at least 1 hour prior to cooking.
5. Grill the burgers to the degree you prefer them over hot coals or in a pan.

Serving options

1. Grill or fry the bacon rashers until they are nice and crisp.
2. Place on a warm burger bun with some sliced onions and juicy tomatoes.
3. Place the bacon on top of the burgers; then smother with grated cheese.

Notes

- I use a range of different meats: venison, ostrich and have also introduced 10% mutton fat.
- I make 12 patties (measured using a half-cup measure).
- Adapted from: *Good Taste* No 168, November/December 2003

