



Recipe for Beef burgers

Ingredients:

500gms Atholl Glens Beef Mince

1 Onion – finely chopped

1 Teaspoon Salt

Ground Black Pepper

Worcester sauce

Chopped Fresh Herbs

Olive Oil

Tabasco – Optional

Method:

Mix together the minced beef and chopped onion, add the salt and a generous amount of black pepper (as coarse as possible) , add Worcester Sauce and 1 tablespoon finely chopped fresh herbs as available. Optional - 4 drops of Tabasco Sauce if you like your burgers spicy.

Mix well, divide into 4 and shape with hands into balls, flatten on board to approx 2cm thick. Brush with Olive Oil.

Barbeque for approx 5 minutes on each side (this will depend on the heat of your barbeque).

As an alternative, you may use Lamb Mince, but add 1 teaspoon of Ground Cumin and cook for approx 7 minutes on each side.