

Halloween Beef Burgers

The cayenne pepper adds a hot and fiery taste to a simple beef burger recipe. Add cayenne pepper with care – it is hot. Serve the burgers with scary green mash for a really ghoulish feast.

This will make 5 large burgers or 12-15 mini burgers.

What to Find:

1 clove garlic
Half small onion
1 egg yolk
1 slice bread (50g) wholemeal breadcrumbs
Pinch cayenne pepper
225g beef mince
Wholemeal flour

Kitchen Stuff:

Scales
Chopping board
Vegetable knife
Mixing bowl / Food Processor
Tray
Non stick frying pan
Fish slice



What to do:

1. Finely chop the garlic and onion.
2. Carefully separate the egg yolk from the white.
3. Put the chopped garlic, onion, egg yolk, breadcrumbs, cayenne pepper and mince into a large bowl (or food processor) and mix everything together. It is really important to chop the onion and garlic **very finely**, if you don't use a food processor.
4. Continue to mix the burger mixture, hands can work really well – squeeze the mixture through your hands to mix everything together.
5. Rub your hands in some wholemeal flour and use your hands to make small burgers and put them onto a tray. You can make five burgers or lots of smaller ones.
6. Grill or cook the burgers in a hot (pre-heated) non stick frying pan for 3-4 minutes on each side. (1-2 minutes for mini burgers). To test that your burger is cooked cut a burger in half - it shouldn't be red.

Serve with a (homemade if possible) tomato sauce.

Always have a grown up with you, in the kitchen when you cook.

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