

Rumps THE Butcher

Great Tasting Local Food



Homemade Beef Burger

A fantastic meal that illustrates the massive taste advantage of home cooking is burger and chips, and this burger recipe is hard to top, especially when produced with Rumps top quality beef steak mince. And the chips are so fantastic, far healthier than the deep-fried variety. The rosemary salt can be kept for months in a little airtight jar and has a fantastic, intense flavour that is great with chicken or pork chops, too.

Makes approx. 8 burgers

Ingredients.

- 1kg rumps steak mince
- 1 onion, peeled and finely chopped
- olive oil
- a pinch of cumin seeds
- 1 tablespoon coriander seeds
- sea salt and freshly ground black pepper
- a handful of freshly grated Parmesan cheese
- 1 heaped tablespoon English mustard
- 1 large free-range egg
- 115g/4oz breadcrumbs & 8 burger buns
- small handfull parsley, roughly chopped.

Method:

1. Put your steak mince in a large mixing bowl and in a big frying pan, slowly cook the onion in a little olive oil for about 5 minutes until softened but not coloured. Add the onion to the meat - it will give sweetness to the burger. Using a pestle and mortar, bash up the cumin and coriander seeds with a pinch of salt and freshly ground black pepper until fine and add to the meat. Then add the Parmesan, mustard, egg and half the breadcrumbs and mix well. If the mixture is too sticky, add a few more breadcrumbs.
2. Lay some greaseproof paper on a tray or large plate and sprinkle over some of the remaining breadcrumbs. Shape the meat into 8 fat burgers and place these on top of the crumbs on the tray. Sprinkle more crumbs on top and press down gently. The burgers are better if they are chilled before cooking, so put them in the fridge for an hour or so.
3. Half an hour before you want to cook the burgers, put a large flat baking tray in the oven and turn the heat to 230°C/450°F/gas 8. Parboil your chips (still with their skins on) for about 10 minutes in salted boiling water and drain in a colander. Heat some olive oil in a frying pan, smash the garlic bulb up and chuck in the cloves, then add the chips. Toss in the oil and season with freshly ground black pepper. Transfer the contents of the pan to the preheated tray and cook for 20 to 25 minutes until crisp and golden.
4. Now make your rosemary salt. Remove the leaves from the rosemary and put them in a pestle and mortar with the lemon zest and salt. Bash up to make a green paste, adding more salt to the mixture absorbing the moisture. Remove any excess rosemary residue and you are ready to sprinkle on your wedges.
5. Take your burgers out of the fridge and fry them in a little oil on a medium to high heat for about 8 to 10 minutes, depending on the thickness of the burgers and how you like them, turning occasionally. Serve them on toasted burger buns, with tomato ketchup, and your fat chips sprinkled with the rosemary salt.