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## **PASTRIES – LESSON 7**

### **Basic Burgers**

#### **Ingredients:**

Chicken ground – 1lb (breasts)  
Crated carrot – 1 medium ( ½ cup)  
2- Green onions, minced  
1 – Clove(s) garlic – crushed  
Burger buns (warmed)  
Sliced cucumber, lettuce leaves and Bombay onion  
Salt and pepper to taste  
Cheese slices

#### **Method:**

Prepare basic burgers: In medium bowl, with hand, mix ground chicken, carrot, green onions and garlic until evenly combined.

On waxed paper, shape mixture into four 3 ½ - inch round patties (mixture will be very soft & moist).

Place patties on grill over medium heat and cook about 12 minutes or until juices run clear when center of burger is pierced with tip of knife, turning over once. (If you have a grill with widely spaced grates, you may want to place burgers on a perforated grill topper to keep them intact.)

Place burgers on warmed buns. Serve with cucumber slices, lettuce leaves and green onions if you like.

### **Teriyaki Burgers**

Grounded chicken – 1 lb (made by basic burger)  
Soya sauce – 2 tbs  
Vinegar – 1 tbs  
Grated ginger – 2 tsp  
Sesame oil – 2 tsp (optional)

### **Barbecue Burger**

Tomato/ Chilli sauce – 2 tbs  
Worcestershire sauce – 2 tsp  
Pepper sauce – 2 tsp (optional)  
Barbecue sauce – 2 tbs  
Golden syrup – 1 tb

Prepare and cook basic burgers as above, and add above ingredients (prepare burger mixture just before cooking to prevent ginger from changing texture of meat.)

