

Just Burgers

Presents

Life Is Like A Burger!

"The Best Flippin' Burger Recipe Book!"
By Alex Fenson



**Including
Recipes From
Celebrity Chefs!**

Cooking Tips!

**Learn To Make
Burgers As
Good As
You Can Buy!**

**Meat & Veggie
Burger
Recipes!**

In Association With
www.justburgers.co.uk



“Life is like a burger,
Choose what to put in,
Choose what to leave out,
And if you choose well,
It should be healthy, fun and
satisfying!” - ©

Alex Fenson – Blogger, Podcaster

alex@justburgers.co.uk



Introduction

Hi there, I'm Alex Fenson; you might know me from around the web, you know, podcasting, blogging, that sort of thing, but what you might not have know is that I'm really into burgers!

Burgers represent many things to me: The Fifties and Rock 'n' Roll, noisy family days out, summer barbecues, a day out at the mall or shopping centre, a quick meal when you're short of time, making up your own favourite burger recipe and much, much more.

Burgers can also be cross-cultural; Halal burgers, Kosher burgers and so on.

There are hamburgers, beef burgers, fish burgers, veggie burgers, lamb burgers, beef burgers, chicken burgers, chick-pea burgers, vegan burgers, tofu burgers and the list goes on.

Burgers can be ready-made from a burger joint or burger chain or burgers can be home-made.

Burgers can be found everywhere from well-known burger chains and burger joints to local stores and independent burger shops.

Burgers can be as elaborate or as simple as you like and with a little thought and preparation burgers can be a healthy meal too.

Fast food doesn't have to be junk food and so by making your own burgers you can not only save money but you can be sure of the ingredients in your burger

Now don't get me wrong. I like the occasional burger from well-known burger chains just like many other people, but I've found that by making my own burgers I can save money and enjoy great tasting burgers too!

In this ebook, I've gathered some of my very favourite burger recipes, including recipes by celebrity chefs and included meat and veggie burger recipes too!

So, why not make "staying in" the new "going out" a couple of times a month? A good dvd and a home-made burger meal with friends will not only save you money but can often be healthier and fun too!

Besides, the money you save on eating in... can be spent on eating out!

So what are you waiting for?

Get flippin'!



Menu

Page 2	–	About This Book
Page 3	–	Menu
Page 5	–	Big M@c Copycat Recipe
Page 6	–	Oh-So Vegetarian Juicy Lucy
Page 7	–	Gluten Free Vegetable Burger
Page 8	–	Elvis Burger With Chopped Salad And Pickled Gherkin
Page 9	–	Ted Reader's Luau Burger
Page 10	–	Gordon Ramsay's Burger
Page 11	–	Martha Stewart's Perfect Burger
Page 12	–	Delia Smith's All-American Half-Pounder Burgers
Page 13	–	Anthony Worrall Thompson's Watercress Burger
Page 14	–	Old Fashioned Burger Stand Burgers
Page 15	–	My Flippin' Great Burger Makin' Tips!
Page 16	–	Grilled Lentil Walnut Burgers
Page 17	–	The Spotted Pig's Char-Grilled Burger
Page 18	–	Mediterranean Burgers
Page 19	–	Tofu Burgers Recipe
Page 10	–	Guacomole Bacon Cheeseburger
Page 21	–	Buffalo Blue Burger
Page 22	–	How To Make Burgers – In Ten Minutes
Page 23	–	Curry-Spice Veggie Burgers
Page 24	–	An Easy Tofu Burger Recipe That Tastes Fantastic
Page 25	–	Homemade Beefburgers Recipe
Page 26	–	Before You Go!

Disclaimer:

All recipe copyrights belong to the "Chef" to whom the website acknowledgements are given at the end of each recipe.

Big M@c Copycat Recipe



Ingredients

- 2 uncut bakery buns (with sesame seeds for authenticity)
- butter
- 2/3 pounds ground beef
- 1 slice cheddar cheese or 2 thin slices
- 1/4 cup shredded lettuce
- 1 dill pickle, thinly sliced
- 3 tablespoons diced onions
- 1/4 cup thousand island dressing

Method

Light the grill. Cut the bakery buns into thirds and butter the cut sides. Split the ground beef into four equal parts and pat each portion into a thin circle, larger than the size of the bun to allow for shrinkage. Place the patties on the 400-degree grill and grill four minutes. Flip and cover with cheese slices. Grill an additional 4 minutes or to desired doneness. Remove patties from grill and allow to rest while you lightly toast the buns. This will help them support the stacking that comes with building a Big Mac.

Build your Big Mac: bottom bun > patty covered with cheese > lettuce > thousand island dressing on bottom of the middle bun > patty (covered with cheese) > onions > pickles > more lettuce > thousand island dressing on the top bun.

Makes 2 large, 1/3-pound burgers.

Website & Image Source Acknowledgement –

<http://blogs.babble.com/family-kitchen/2010/09/22/real-fast-food-mcdonalds-big-mac-copycat-recipe>

Oh-So Vegetarian Juicy Lucy

Ingredients

- 1 package extra-firm tofu
- 1 small (or enough to make up 1 small) potato -- we used purple fingerlings, kept the skins on
- 1/2 cup whole wheat flour
- 3 tablespoons nutritional yeast
- 1/4 cup sesame seeds
- 2 tablespoons soy sauce
- 1 teaspoon curry powder
- 1 teaspoon cumin powder
- 1 teaspoon garlic powder
- Pepper to taste
- 2 squares of cheese -- your choice -- the place in the center of patties



Method

1. Blend the tofu and potatoes together in a food processor and blender until well combined. It may be easier to first chop up the potatoes so they blend more easily (we used fingerling ones, so it wasn't an issue).
2. Transfer the mix to a large bowl with the remaining ingredients. Mix well.
3. Form into 4 large patties (or however many depending on what you plan to do with the mix). Put on a sheet covered with wax paper so it doesn't stick.
4. Put the cheese on one patty . . . and then cover with another patty and press the edges together to encase the cheese inside. Repeat with the other two.
5. In a frying pan (greased with olive oil) over medium-high heat, fry the burgers until golden brown. We also covered ours at points so we'd be sure the cheese would melt.

Assemble The Sandwich

- Two buns
- 1 large avocado
- Grainy mustard
- Sweet potato fries
- Sliced cheese

Website & Image Source Acknowledgement –
www.neverhomemaker.com/2010/02/oh-so-vegetarian-juicy-lucy.html

Gluten Free Vegetable Burger



Ingredients

- 400g orange sweet potato, peeled, roughly chopped
- 1 small carrot, peeled, grated
- 1 small zucchini, grated
- 1/4 cup frozen corn kernels, thawed
- 1/4 cup frozen peas, thawed
- 2 green onions, chopped
- 1 egg, lightly beaten
- 1/2 cup gluten free plain flour
- 2 teaspoons olive oil
- 50g baby spinach
- 2 tablespoons sweet chilli sauce (watch ingredients as some have gluten/wheat in them)

Method:

1. Cook sweet potato in a saucepan of boiling, salted water for 8 to 10 minutes or until just tender. Drain. Refresh under cold water. Transfer to a bowl. Mash.

2. Add carrot, zucchini, corn, peas, onion, egg and gluten free flour. Stir to combine. Shape mixture into four 2cm-thick patties.

3. Heat oil in a non-stick frying pan over medium-high heat. Cook patties for 4 to 5 minutes each side or until golden and cooked through.

4. Top with spinach and sweet chilli sauce if desired. Serve with gluten free bread rolls or wraps or potato wedges.

As the hints suggest on the recipe, pop the patties in the fridge for at least 30 minutes before cooking. It helps keep them together.

Website & Image Source Acknowledgement –
www.nellbe.com/2010/09/13/gluten-free-vegetable-burger/

Elvis Burger With Chopped Salad And Pickled Gherkin



Ingredients

- 1 dried red chilli
- 1/2 a red onion, peeled and finely chopped
- a sprig of fresh tarragon, leaves picked and chopped
- 1 large free-range or organic egg
- a handful of breadcrumbs
- 1 teaspoon Dijon mustard
- 2 tablespoons freshly grated Parmesan
- a good pinch of ground nutmeg
- 1kg beef mince
- oil, for frying
- salt and freshly ground black pepper
- 1 cos lettuce
- 4 plum tomatoes
- 1 cucumber
- 4 ciabatta rolls
- 4 large pickled gherkins

Method

Parmesan cheese may seem a little unusual in this recipe, but it really gives the burgers a great flavour – give it a bash.

Grind up the red chilli in a pestle and mortar, and mix it in a bowl with the onion, tarragon, egg, breadcrumbs, mustard, Parmesan, nutmeg and beef. Shape into four patties and refrigerate for half an hour or so to give them a chance to firm up slightly.

When you're ready to cook the burgers, get a frying or griddle pan nice and hot. Brush the pan with a little oil, season the burgers generously with salt and pepper, and cook them for 10 minutes, turning them carefully every minute or so, until they're nice and pink and juicy, or longer if you like them well done. Make sure they don't break up as you turn them.

Meanwhile, roughly chop the lettuce, tomato and cucumber, mix together and set aside. Once the burgers are cooked, split the rolls into two and toast them quickly on the griddle or in a toaster. Sandwich the cooked 'Elvis' burger between the toasted rolls and serve them on individual plates with the gherkins and some of the chopped salad (add a little extra virgin olive oil or dressing if you like) on the side.

Website & Image Source Acknowledgement –

<http://www.jamieoliver.com/recipes/beef-recipes/elvis-burger-with-pickled-gherkin>

Ted Reader's Luau Burger



Ingredients

2 pounds ice-cold regular ground pork
1 cup ham, diced
1 small onion, finely diced
4 cloves garlic, minced
1/4 cup Dijon mustard
1 teaspoon dried parsley, ground
2 tablespoons fresh parsley, chopped
2 teaspoons freshly ground black pepper
2 teaspoons red chilies, crushed
2 teaspoons salt
pinch of cayenne pepper

The Garnish

8 ounces ham, thinly sliced
8 burger buns
1/2 cup butter, melted
bunch leaf lettuce
4 sliced fresh pineapple, cut into 1/4 inch thick rings
4 slices tomato
4 slices red onion

Method

1. Preheat grill to medium high.
2. In a large bowl, mix the ground pork, diced ham, onion, garlic, Dijon mustard, dried parsley, chopped parsley, cayenne pepper, black pepper, salt and red chilies. Form into 4 6-ounce patties.
3. Grill burgers for 4 to 5 minutes per side, until fully cooked.
4. Warm sliced ham on the grill.
5. Brush the burger buns with melted butter and grill, cut-side down, until crisp and golden brown.
6. Brush pineapple, tomato, and onion with melted butter and grill for 1- 2 minutes on each side.

Assemble your burger!

Bun bottom, lettuce, burger, grilled pineapple, tomato and red onion, grilled warmed ham and bun top. Garnish with your favorite condiment and serve.

Website & Image Source Acknowledgement –

<http://blogs.discovery.com/tlc-steamy-kitchen/2010/06/burgers.html>

Gordon Ramsay's Burger



Ingredients

- 2 red onions, finely sliced
 - 50g butter
 - 1 tablespoon demerara sugar
 - 1 tablespoon balsamic vinegar
 - 1 large red onion, peeled and finely chopped
 - 1kg minced lean beef
 - sea salt and freshly ground black pepper
 - vegetable oil
 - butter / 4 large burger baps, toasted
 - 4 large pickled gherkins, sliced
 - 2 beef tomatoes, sliced
 - 1 baby gem lettuce, washed and divided
- shavings of Parmesan cheese / chips, for serving

Method

To make the onion relish, fry the onions in the butter until soft. Add the sugar to the pan and fry for a further 4-5 minutes until caramelized. Drain the excess fat from the pan and add the balsamic vinegar. Cook for 2-3 minutes more until it has the consistency of a syrup. Put aside until ready to use.

Mix the chopped onion into the minced beef and season well. Mould the mince into 4 large balls and press down lightly to shape them into burgers, then leave them to set in the fridge for a couple of hours.

When you're ready to cook the burgers, get a large frying pan or griddle pan hot, and cook them in a little vegetable oil for 10-15 minutes. This will cook them medium, so adjust the timing depending on whether you like your burger a bit rarer or slightly more well done. Add a little butter to the pan towards the end of the cooking time.

Serve the burgers straight away on the toasted baps with the salad garnishes and Parmesan on top and the chips on the side. Top with the onion relish.

Website & Image Source Acknowledgement –
www.penguin.co.uk/static/cs/uk/0/minisites/gordonramsay/recipes1.html

Martha Stewart's Perfect Burger



Ingredients

- 1 1/2 pounds ground beef chuck (80 percent lean)
- Vegetable oil, for grates
- Coarse salt and ground pepper
- 4 hamburger buns, split and lightly grilled or toasted
- Lettuce, tomato, or other toppings, as desired

Method

1. Evenly divide meat into 4 portions. With a light touch, gently form each one into a ball, then shape into a 3/4-inch-thick patty. With thumb, make a 1/4-inch-deep indentation in the center of each (this prevents burgers from getting rounded tops during grilling). Transfer to a plate; cover with plastic wrap, and refrigerate until ready to cook, up to 1 day.

2. Heat grill to high (it should be difficult to hold your hand above the grates). Moisten a folded paper towel with vegetable oil; grasp with tongs, and quickly wipe over the grates.

3. Generously season patties on both sides with salt and pepper. Place patties on grill; cover, and cook to desired doneness, 2 to 4 minutes per side for medium-rare. Serve burgers on buns with desired toppings.

Website & Image Source Acknowledgement –
www.marthastewart.com/recipe/the-perfect-burger

Delia Smith's All-American Half-Pounder Burgers



Ingredients

- 2 lb (900 g) best beef (rump if you're feeling flush, otherwise chuck or blade steak; either way, make sure that it contains 20 per cent fat)
- salt and freshly milled black pepper
- a little oil

Method

If you're on a diet, don't eat a hamburger: it really is vital that it contains 20 per cent fat, as this is what keeps the meat moist while cooking. If you're using chuck steak, trim off

any gristle and sinewy bits but hang on to the fat. Cut the meat into chunks, put it into a food processor and blend until it looks like fine minced beef: however, don't overdo the processing, because if the meat becomes too fine, the burger will have a bouncy texture! If you do not have a food processor, pass the steak through the fine blade of a mincer.

Empty the meat into a bowl and season with freshly milled pepper, but don't add salt till after the cooking because it draws out the juices. Now form the mixture into four rounds, pressing each one firmly together (it won't need egg or anything else to keep it together if you press firmly enough). Now place the burgers on a plate, cover with clingfilm and leave in the fridge until you're ready to cook them.

When the barbecue is good and hot, brush the grill with a little oil to prevent the meat sticking to it, and give the burgers a light coating of oil, too. Grill them for 4-6 minutes on each side, depending on how you like them. The same timing also applies to a domestic grill turned to its highest setting. Serve the half-pounders with Mexican Tomato Salsa, Oven-roasted Potatoes with Garlic and Rosemary or, if you like, a blue-cheese salad.

Website & Image Source Acknowledgement –
www.deliaonline.com/recipes/main-ingredient/meat/beef/all-american-half-pounders.html

Anthony Worrall Thompson's Watercress Burger



Ingredients

- head of garlic, unpeeled
- 1 tsp olive oil
- 1 (85g) bag watercress
- 675g/1 1/2lb lean minced beef
- 15ml/1 tbsp Dijon mustard
- salt and freshly ground black pepper
- 4 buns
- For the watercress butter:
 - 1 (85g) bag watercress
 - 100g/4oz unsalted butter
 - 1 shallot finely chopped
 - 2 anchovy fillets
 - 30ml/2 tbsp ground almonds

Method

Preheat the oven to 180°C/Fan 160°C/Gas Mark 4. Cut the top off the bulb of garlic and drizzle over the olive oil, bake for 20 mins or until the garlic is tender. Cool, separate the cloves of garlic and squeeze the pulp from each: place in a bowl.

Whilst the garlic roasts, make the butter: finely chop the watercress and mash into the butter with the shallot, anchovy and almonds. Season with pepper. Roll the butter in greaseproof paper to form a sausage shape. Freeze for 20 mins.

To make the burgers, finely chop half the remaining watercress and mix with the garlic, mince and mustard. Season with a little salt and plenty of ground black pepper. Divide the mince into four and shape into a 2.5cm/1in thick burgers. Divide the butter into four, make an indentation in each burger, place a nugget of butter at the centre then shape the mince to enclose the butter inside the burger. Chill until ready to cook.

Grill, pan-fry, griddle or barbecue the burgers to your liking, turning once: 4 mins each side for rare; 6 mins each side for medium; 8 mins each side for well done. Set aside to stand for 5 mins.

Split the buns and toast the insides. Fill with the burgers and remaining watercress leaves.

Website & Image Source Acknowledgement –
www.watercress.co.uk/recipes/celebrity.126.shtml

Old-Fashioned Burger Stand Burgers



Ingredients

- 10 ounces sirloin steak tips, cut into 1-inch chunks (look for meat that has a striated texture to be sure you have the right cut. Flank steak may be substituted)
- 6 ounces boneless beef short ribs, cut into 1-inch chunks
- Kosher salt and ground black pepper
- 1 tablespoon unsalted butter
- 4 soft hamburger buns (potato rolls)
- 1/2 teaspoon vegetable oil
- 4 slices American cheese
- Thinly sliced onion

Classic Burger Sauce Ingredients:

- 2 tablespoons mayonnaise
- 1 tablespoon ketchup
- 1/2 teaspoon sweet pickle relish
- 1/2 teaspoons sugar
- 1/2 teaspoon white vinegar
- 1/4 teaspoon ground black pepper

Method

1. Mix ingredients for burger sauce and refrigerate it until you're ready for it.
2. Place chunks of meat onto baking sheet about 1/2 inch apart. Freeze until very firm, hard around the edges, but still pliable (15-25 minutes).
3. Grind meat in a food processor in two batches, using 10 to 15 one-second pulses and redistributing meat in the processor as necessary. Transfer the meat to a tray or baking sheet without touching it — just overturn the processor bowl onto the tray. You want to touch the meat as little as possible from here on out. Discard gristle or hunks of fat.
4. Gently separate ground meat into 4 equal mounds using a spatula. Shape each mound gently (without picking it up) into a patty about 4 inches in diameter and thin (about 1/4 inch thick), leaving edges ragged and crevices in

the burger. Season top of each patty liberally with salt and pepper. Use a spatula to flip patties and season the other side. Stick them in the refrigerator while you toast the buns.

5. Melt 1/2 tablespoon butter in a 12-inch skillet over medium heat until it foams. Toast 4 buns, tops and bottoms, in batches until golden brown. Set aside and wipe out the skillet.

6. Put skillet on high heat. Add oil and heat until just smoking. Using a spatula, put all 4 patties into the skillet and cook without moving for 3 minutes. Flip burgers over gently and cook for 1 minute. Top each with a slice of American cheese and cook for another minute.

7. Place patties onto bun bottoms and place sliced onions on top. Spread burger sauce on each bun top, cover burgers, and serve immediately.

Website & Image Source Acknowledgement –

<http://willowbirdbaking.wordpress.com/2010/08/07/old-fashioned-burger-stand-burgers-easy-french-fries>



My Flippin' Great Burger Makin' Tips!

Remember to use the best quality ingredients you can afford, after all, you're not making junk food! Treat your cooking of homemade burgers as gourmet burgers! Also do NOT add salt to your beef burgers as this will dissolve some of the proteins in the meat and leave you with a rubbery textured burger. Remember, you're eating healthy!

- Start cooking your burger on the highest heat for the shortest amount of time in order to seal your burger.
- Next, turn the heat down to between 1/3 or 1/2 of the highest heat and cook for longer on this temperature until the meat juices run clear (test by pressing down occasionally on the burger with the spatula / flipper. Mind you don't do this too often as your burger needs to retain it's juices otherwise your finished burger will be too dry.
- Now turn down the heat to near the lowest temperature to ensure the burger is cooked through evenly.
- Finally, remove from heat and allow your burgers to rest for a couple or minutes to allow the heat inside to spread evenly throughout.

Grilled Lentil Walnut Burgers



Ingredients

- 3/4 cup toasted walnuts
- 2 tablespoons dried whole wheat breadcrumbs OR whole wheat couscous
- 2 cloves garlic
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/4 teaspoon chili flakes
- 1/2 teaspoon salt
- 3/4 cup cooked brown lentils (1/3 cup uncooked lentils)
- 1 tablespoon olive oil
- 1/4 cup finely chopped onion
- 1 large egg

Tahini Sauce

- 2 tablespoons Tahini (sesame paste)
- 2 tablespoons yogurt
- water
- salt to taste

Method

In the bowl of a food processor, combine walnuts, breadcrumbs, garlic, chili flakes, cumin, coriander, 1/2 teaspoons salt, and 1/4 teaspoon pepper; process until finely ground. Add cooked lentils, onion, and olive oil; pulse until coarsely chopped.

In a large bowl, whisk the egg. Add lentil mixture; mix until well combined. Divide into quarters; roll into balls, and flatten with the palm of your hands into 3/4-inch-thick patties.

Place patties on a slightly greased baking sheet and grill for 8 minutes. Turn over and grill for another 6-8 minutes. Serve immediately with Tahini sauce on burger buns or pita bread with a mixed salad.

Tahini Sauce

Mix the Tahini and the yogurt. Add water little by little until you get the right consistency, not too thick and not too runny. Add salt for seasoning.

Website & Image Source Acknowledgement –
www.anjasfood4thought.com/2010/11/grilled-lentil-walnut-burgers.html

The Spotted Pig's Chargrilled Burger



Ingredients

- 10 ounces well-marbled boneless short rib, cut into 1-inch pieces (or 8 ounces short rib and 2 ounces beef suet—see note)
- 10 ounces beef brisket, preferably second-cut, cut into 1-inch pieces
- 12 ounces well-marbled chuck roast or chuck stew meat, cut into 1-inch pieces
- Kosher salt and freshly ground black pepper
- 8 ounces Roquefort cheese, room temperature
- 4 Spotted Pig Burger Buns

If Using A Meat Grinder. Place feed shaft, blade, and 3/8ths-inch grinding plate of meat grinder in freezer for at least 30 minutes before grinding. Combine well-chilled meat in large bowl and grind, passing through grinder twice, re-chilling grinder and meat in between grinds if necessary (i.e. if fat starts to smear).

If Using A Food Processor. Spread meat on sheet tray and place in freezer until firm and just starting to freeze, but still malleable, about 15 minutes. Working in four batches, grind meat in 12-cup food processor, processing with 8-10 one-second pulses, redistributing meat between pulses as necessary. Transfer batches to large bowl and combine. Form meat into four patties, about 4 1/2 inches wide and 1 inch tall, making slight depression in center of each patty.

Light large chimney starter filled with charcoal (5-6 quarts, about 100 briquettes), and burn until coals are coated in thin layer of gray ash, about 20 minutes. Empty coals and spread evenly over half of grates. Position grill grate on top of grill, cover grill, and heat until grate is hot, about 5 minutes. Scrub grill clean with grill brush if necessary. Season burger patties generously with salt and pepper on all sides. Place on hot side of grill and cook for 1 minute. Flip burgers and cook for 1 minute longer. Flip burgers again, adjusting as necessary to create cross-hatched grill pattern on first side. Cook for 1 minute longer. Flip once more, adjusting as necessary to create cross-hatched grill pattern on second side and cook for 1 minute longer. Transfer burgers to cool side of grill, cover, and cook until desired temperature is achieved, about 1 minute for rare (120°F on an instant read thermometer), or 2 1/2 minutes for medium (140°F on an instant read thermometer). Transfer burgers to cutting board, top each with 2 ounces Roquefort cheese, tent loosely with foil, and allow to rest 5 minutes.

Meanwhile, cut buns in half. Toast cut sides on hot side of grill, pressing down gently, until golden-brown grill marks are formed, about 45 seconds to 1 minute. Transfer bun bottoms to cool side of grill to keep warm. Toast top sides of top buns over hot side of grill, pressing buns into grill grates to form cross-hatched grill pattern about 1 minute total. Place burgers on bun bottoms, top with bun tops, and serve immediately.

Website & Image Source Acknowledgement –
www.serious-eats.com/recipes/2010/04/the-spotted-pigs-chargrilled-burger-at-home-recipe.html

Mediterranean Burgers



Ingredients

- 6 ounces crumbled feta cheese
- 2 teaspoons minced fresh oregano
- 2 teaspoons fresh rosemary
- 3/4 teaspoon freshly ground black pepper, divided
- 1 tablespoon finely grated lemon zest
- 1 1/2 pounds ground lamb or beef
- 1/2 cup kalamata olives, pitted and chopped
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh parsley
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon sugar
- 4 tablespoons olive oil, divided
- 4 kaiser or other sandwich rolls
- 1 large tomato, sliced
- 1/4 medium English cucumber, thinly sliced
- 1/2 medium red onion, thinly sliced
- 8 romaine lettuce leaves

Method

1. In a bowl, combine feta cheese, oregano, rosemary, 1/2 tsp. pepper, and the lemon zest. Add ground meat and mix gently. Form into four 1-in.-thick patties.
2. In a blender, whirl olives, dill, parsley, lemon juice, sugar, and remaining 1/4 tsp. pepper. Add 3 tbsp. olive oil, 1 tbsp. at a time, to make a smooth paste.
3. Heat a gas or charcoal grill to medium-hot (you can hold your hand 1 to 2 in. above cooking grate only 3 to 4 seconds). Grill burgers, turning once, until browned on both sides and cooked through (cut to test), 10 to 12 minutes total.
4. Split rolls and toast cut sides on the grill. Brush toasted sides with remaining 1 tbsp. olive oil and spread each with about 1 tsp. of the olive spread. Top with burgers, tomato, cucumber, red onion, and romaine.

Website & Image Source Acknowledgement –

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001634807

Tofu Burgers Recipe



Ingredients

- 1 pound / 16 oz / 450 g extra-firm tofu, drained and patted dry, then sliced
- 2 large eggs
- 1/2 cup / 2 oz / 55 g fine dried bread crumbs
- 1/2 cup / 2 oz / 55 g cashew nuts
- 1/2 cup / 2 oz / 55g sunflower seeds
- 1/2 cup / 2 oz / 55g sliced mushrooms
- 1 tablespoon Dijon mustard
- 1 tablespoon shoyu or soy sauce
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cayenne
- 1/4 teaspoon fine grain sea salt
- 1 tablespoon extra virgin olive oil

Method

Place all the ingredients except the olive oil in a food processor. Pulse until the mixture comes together and is free of most chunks, stopping to scrape down the sides of the food processor once or twice if needed. If it seems a bit thin to you, add more bread crumbs a small handful at a time until everything comes together.

Divide the mixture into eight equal portions and use your hands to (really) press and form into round but flat-ish patties.

Pour the olive oil into your largest skillet over medium-high heat, and arrange as many patties as you can without crowding. Cover, and cook turning once, until deeply browned on both sides. Roughly ten minutes. You want to make sure the middle of the patties cook through. If the pan is too hot you'll burn the outsides before the middle cooks up, so be mindful of that.

Serve with your favorite burger fixings. I mention a few ideas up above in the ingredient list.

Makes eight tofu burgers.

Website & Image Source Acknowledgement –
www.101cookbooks.com/archives/tofu-burgers-recipe.html

Guacamole Bacon Cheeseburger



Ingredients

- 8 slices bacon
- 1 pound (85/15) ground beef
- seasoning salt (I like Johnny's)
- 4 slices pepper jack cheese
- 1 red onion, sliced
- green leaf lettuce
- prepared guacamole
- 4 hamburger buns

Method

Cook bacon slices over medium heat until crispy. About 5-7 minutes. Transfer to paper towel lined plate. Set aside.

Portion the ground beef into 4 equal parts. Roll each part into a ball and then gently press into patties. (Note: The more fat the meat has, the more the patties will shrink so you want to make sure to form these a little bit larger than the size you want.) Sprinkle each patty with seasoning salt.

Cook burgers over medium heat. About 4-5 minutes per side for medium-well. At the last minute, place cheese slices on top. Cook until cheese melts slightly. (Note: You can also toast the hamburger buns at this point if you like.)

To assemble the hamburger, place hamburger on bottom of bun, place red onion rings and lettuce on top. Spread guacamole on top bun and place on top. Serve.

Website & Image Source Acknowledgement –
<http://www.lifesambrosia.com/2009/06/guacamole-bacon-cheeseburger-recipe.html>

Buffalo Blue Burger



Blue Cheese Slaw

- Mix just before serving so it doesn't get runny:
- 3 Celery Stalks sliced thin and on the bias
- 3 Cups Shredded Cabbage or Cabbage Mix
- 1/2 – 1 Cup Blue Cheese
- 1/2 Cup Ranch Dressing
- Fresh Ground Black Pepper

Red Hot Sauce

In heavy saucepan over medium low heat combine:

- 1/2 Cup Red Hot Sauce
- 1/4 Cup Butter
- 1/4 Cup Honey
- 1 Tbsp Corn Starch

Simmer until thickened

Burger

- 2 Pounds Ground Pork, Beef, Chicken or Turkey
- 2 Tbsp Minced Garlic
- 1 tsp Salt
- Fresh Ground Pepper to taste
- 4-6 Burger Buns

Method

Mix together burger ingredients

Divide into 4 large or 6 average sized burgers.

Broil or grill 6-7 minutes on each side

Let sit a couple minutes then dunk them into the sauce.

Serve on toasted bun topped with Blue Cheese Slaw

Website & Image Source Acknowledgement –

<http://foododelmundo.com/2009/09/05/buffalo-blue-burger/>

How To Make Burgers – In Ten Minutes



Ingredients

- Good quality minced beef – around 1lb/500g
- One Onion (optional) – grated or diced small
- One Garlic Clove (optional) – crushed
- One Egg
- Couple of hand fulls of breadcrumbs (fresh, not packaged)
- Heaped table spoon or two of either Dijon or Coarse Grain Mustard

Method

1. Put all the ingredients in a large bowl
2. Mix thoroughly – using your hands is best (disposable plastic gloves come in handy here)
3. Using your hands, press mixture into burger shapes (not too thick, or they'll take too

long to cook)

4. Cook on the BBQ or under the grill – turning to cook on both sides

Suggestions For Serving

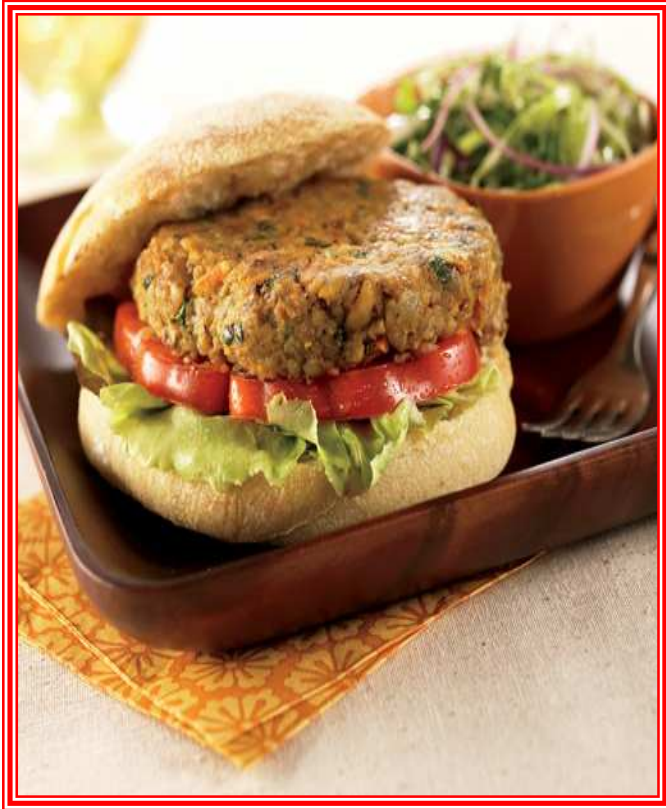
- Serve with lightly toasted, good quality burger rolls (not the soft, squishy ones)
- Your choice of the following extras: sliced cheese, sliced tomatoes, sliced tin beetroot, sliced tin pineapple, lettuce, sliced cucumber, sliced capsicum, sliced or diced avocado, sliced onion – I'm sure you can come up with a few more options
- I like to put all the extra ingredients on a large platter in the middle of the table and let the family fill their own rolls. Your children will probably try and stack their burgers so high they won't be able to eat them – they soon learn!
- You might also like to serve with sauces, mixed pickle and mayonnaise

Variations

- Try minced lamb for a change and add some rosemary – fresh or dried
- For a spicy option, add some hot chilli to the burger mix
- For a less spicy option (that the children may also enjoy) add some sweet chilli sauce to the burger mix
- Another hot option is to use hot English mustard instead of Dijon or coarse grain – use sparingly!!

Website & Image Source Acknowledgement –
www.dinnerintenninutes.com/easy-dinners/how-to-make-burgers/

Curry- Spiced Veggie Burgers



Ingredients

- 2 tablespoons olive or canola oil
- 1 medium onion, chopped (about 1 cup)
- 1 teaspoon curry powder
- 1/2 teaspoon ground coriander
- 1/2 teaspoon crushed fennel seeds
- 1 1/2 cups white button mushrooms, chopped
- 1 1/2 cups cooked and drained chickpeas
- 1 medium carrot, grated (about 1 cup)
- 1/4 cup chopped walnuts
- 3 tablespoons chopped cilantro
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- flour

Method

In a medium non-stick skillet over medium-high heat, warm 1 tablespoon of the oil. Add the onion, curry powder, coriander, and fennel. Cook, stirring frequently, for about 2 minutes, or until the onion starts to soften. Add the mushrooms. Stir to mix. Cover and cook for about 4 minutes longer, or until the liquid pools in the pan. Uncover and cook for about 3 minutes more, or until the liquid is evaporated.

Transfer the mixture to the bowl of a food processor fitted with a metal blade. Add the chickpeas. Pulse until well chopped. Transfer to a bowl. Add the carrot, walnuts, cilantro, salt, and pepper and mix well.

Lightly dust hands with flour. Shape the mixture into six 4" wide patties.

In a large skillet over medium heat, warm the remaining 1 tablespoon oil. Place the patties in the pan. Cook for about 4 minutes, or until browned on the bottom. Flip and cook for about 4 minutes longer, or until heated through.

Website & Image Source Acknowledgement –
<http://recipes.rodale.com/recipe/curry-spiced-veggie-burgers.aspx>

An Easy Tofu Burger Recipe That Tastes Fantastic



Ingredients

- 550g/1 ¼ lbs tofu
- 1 small onion or two shallots, very finely chopped
- 1 garlic clove, crushed
- 40g/1½ oz/½ cup rolled oats
- 60g/2oz/1 cup breadcrumbs
- 80g/3oz/½ cup of sesame seeds
- 2 tablespoons of vegetarian Worcestershire sauce
- 2 tablespoons of tomato purée (paste)
- 2 tablespoons of soy sauce
- Coarse maize meal or flour for coating
- Canola or sunflower oil for frying

Method

1. Pat the tofu well with paper towels to dry. Place it in a large bowl and mash with a fork. You don't need to mash too much or make it too smooth. A little texture is good. If a lot of water seems to come out, drain it again.
2. Add the remaining ingredients to the bowl except the flour or maize meal and oil. Stir well to combine. The mixture will be quite wet. That's ok but if it seems excessively so, you can add a few more breadcrumbs or oats.
3. Take handfuls of the mixture and roll into balls. Squeeze slightly to help them stay together. Roll in flour or maize meal, then gently flatten into burger shapes.
4. Heat a thin layer of oil in a frying pan or skillet over a medium to high heat. Make sure the oil is hot before you start cooking. Fry the tofu burgers for a few minutes on each side until golden.

These veggie burgers are already low fat and low cholesterol. To cut the fat even more, cook them on the barbeque or in a hot oven on a lightly oiled baking pan for 20 minutes.

Website & Image Source Acknowledgement –

www.everyday-vegetarian-recipes.com/tofu-burger-recipe.html

Homemade Beefburgers Recipe



Ingredients

- 1 egg
- 1 small onion
- 500gm low fat mince
- Dash of salt and pepper
- Optional: slice of toasted bread, cubed and crumbed
- Chop the onion really finely

Method

Mix everything together in a bowl, using your hand to squeeze and mix the ingredients (You can get disposable gloves if this doesn't appeal.)

Shape into 4 large balls

Place in hot, oiled pan and press flat (about 2-3cm thick) with spatula

Cook each side until they're done all the way through.

Serve on buttered multigrain toast with a large helping of chopped lettuce and tomato

Serves: 4

Website & Image Source Acknowledgement –

<http://utterlyrecipes.com/recipes/homemade-beefburgers-recipe>



Before You Go!

Well, that's just about it for this ebook and go on, admit it, some of the recipes in the ebook made you hungry!

Do feel free to share this ebook but please do remember that all recipes in this book are copyrighted to their respective owners / authors and I've linked to the originating websites at the end of each recipe.

Don't forget you can find more recipes and burger stuff over at my site at www.justburgers.co.uk – “The Web's Best Flippin' Burger Blog” and if you want to check out any other of my stuff, then you can also find me over at

<http://newforest.tumblr.com>
<http://podcaster.tumblr.com>
<http://justpizzas.tumblr.com>
<http://justsushi.tumblr.com>
<http://justbento.tumblr.com>
<http://justsoups.tumblr.com>
<http://justdrinks.tumblr.com>
<http://justfoodblogs.tumblr.com>
<http://justcookinggadgets.tumblr.com>
<http://epicnomnom.tumblr.com>
<http://alexfenson.tumblr.com>
www.newforestpodcast.co.uk

Also, I'd love to get your feedback to this ebook of mine and so do feel free to ping me your emails and feedback to

feedback@justburgers.co.uk

Finally just as a reminder...

For Celebrities, Recipes, “Burgers Of The Week”, Healthy Burger Options, My Own Burgers & Much, Much More, Simply Visit

www.justburgers.co.uk

This Ebook – “Life Is Like A Burger” Is Licensed Under A
[Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](https://creativecommons.org/licenses/by-nc-sa/3.0/)