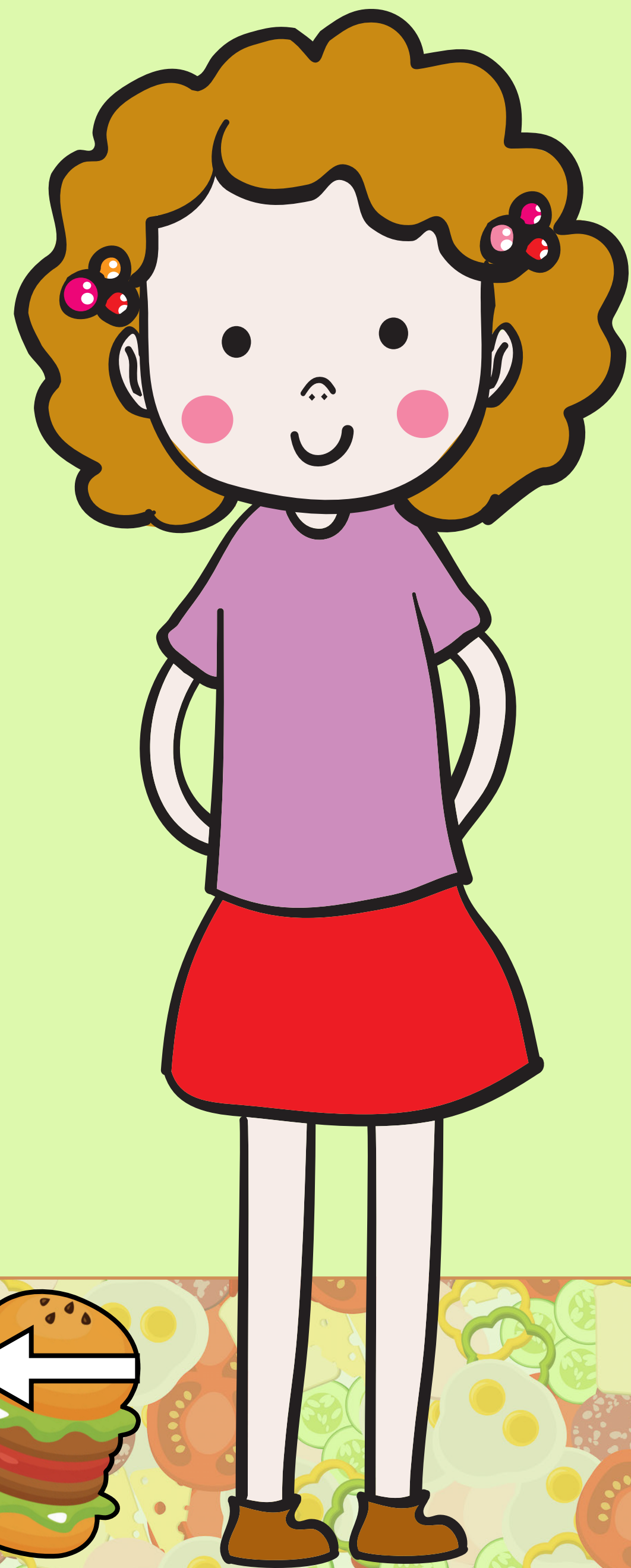


BURGERS

Learning Objective:

To explore how to make burger patties.





What types
of burger patties
have you eaten? Do you
know how they were
made?





Burger
patties can be made
many different ways and
with a range of different
ingredients.





Here are
some burger
patties you may
have eaten. Do
you know what
they are made
from?





Fish Patty



Lamb Patty



Vegetable Patty



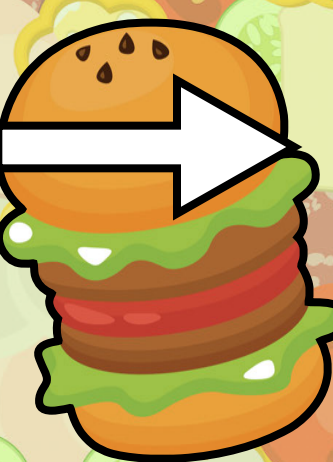
Chicken Patty



Pork Patty



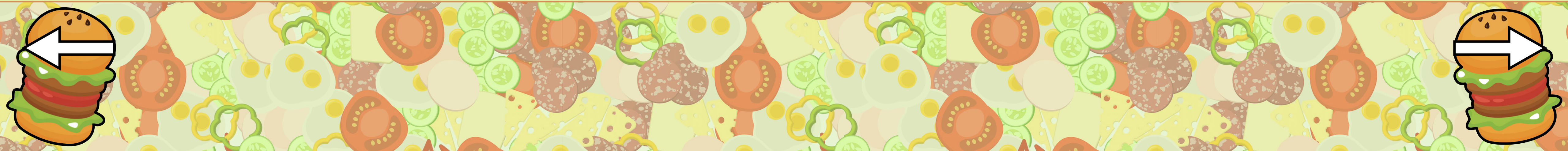
Beef Patty



Burgers can be made from different types of meats and vegetables. Most of the time burgers are made using minced meat. This makes it easier to shape the patty.

Sometimes burgers are coated in breadcrumbs to hold the meat together in ball shapes.

Burgers can be cooked in different ways, depending on the meat they are made from.



Pan-fried

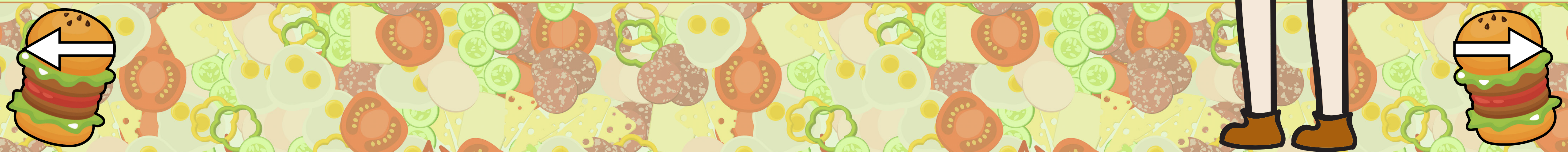
Barbecued

Oven-baked

Steamed

Have you
heard of these
cooking methods?
Have you cooked food
using these
methods?

Think, pair, share



Pan-fried



The meat patties are cooked in a shallow pan. Oil is spread on the pan to stop the patties from sticking.

Oven-baked



The meat patties are put on a baking tray and placed in the oven. Baking paper can be used to cover the tray first.

Barbecued

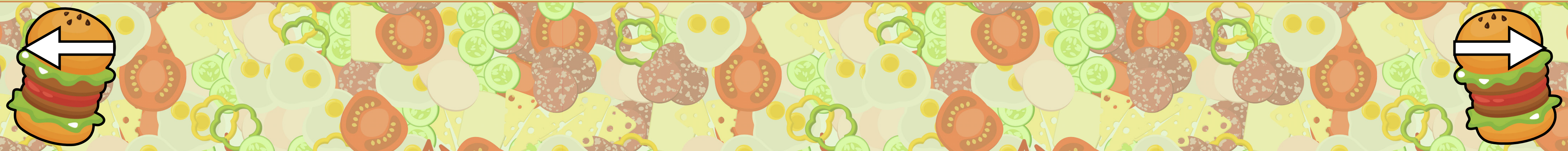


The meat patties are cooked on a grill. There are hot coals under the grill plate, which cook the meat.

Steamed



The meat patties are placed in a steaming basket. The basket is then placed on top of some boiling water to steam the meat.



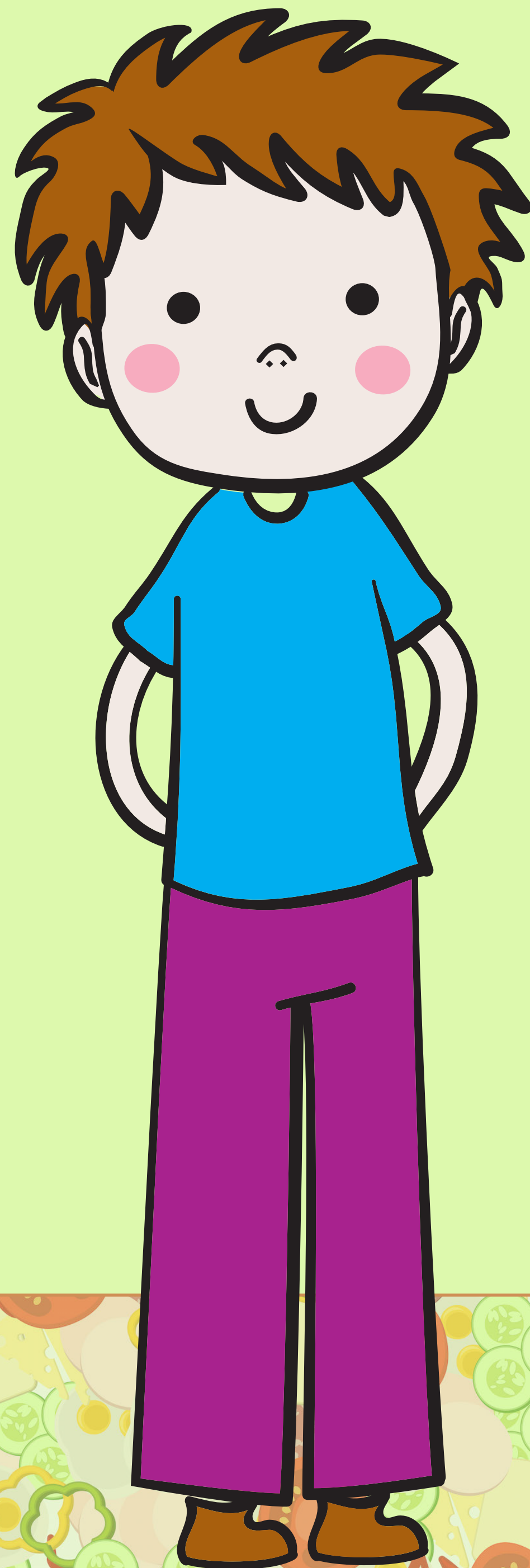


Today
you will be working in
small groups to make your own
burger patties.

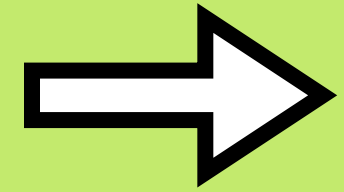
The three types of patties you will
make are: turkey, beef and
vegetarian.

Which one will taste the
best?

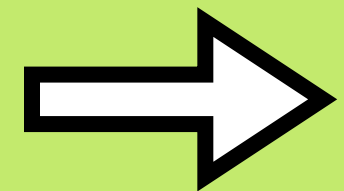




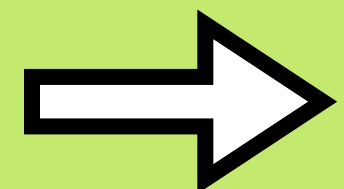
Beef patty method



Turkey patty method



Vegetarian patty
method

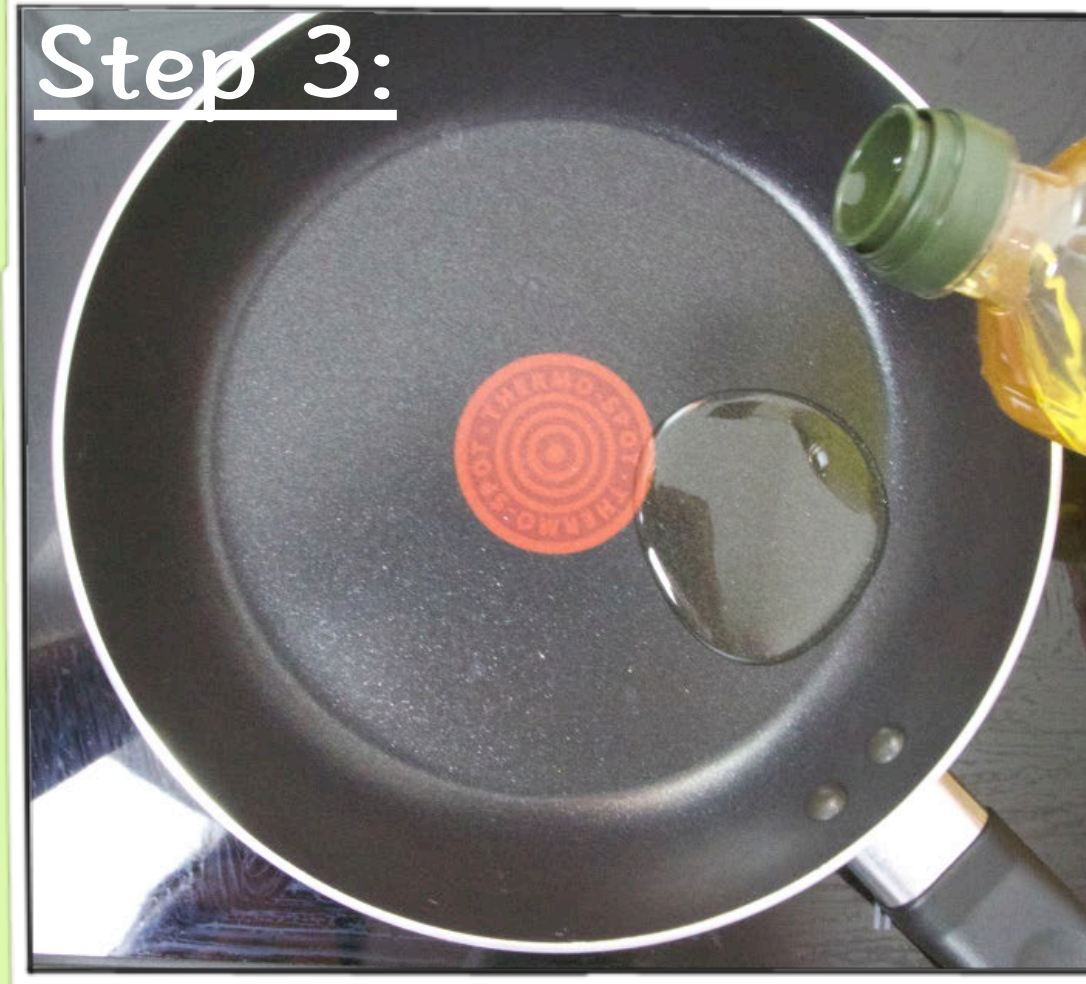


Step 1:



Put the mince, chopped onions, mixed herbs, garlic, chilli and egg into a mixing bowl and mix together with a spoon.

Step 3:



With adult supervision take your patties to a stove. Put the pan on the hot plate and pour some oil in. Place the patties carefully in the pan.

Step 2:



Grab chunks of the mixture and roll it in your hands. Using both palms, squash the patties until they are slightly flat.

Step 4:



After about five minutes, flip your patties with an egg flip to cook the other side.

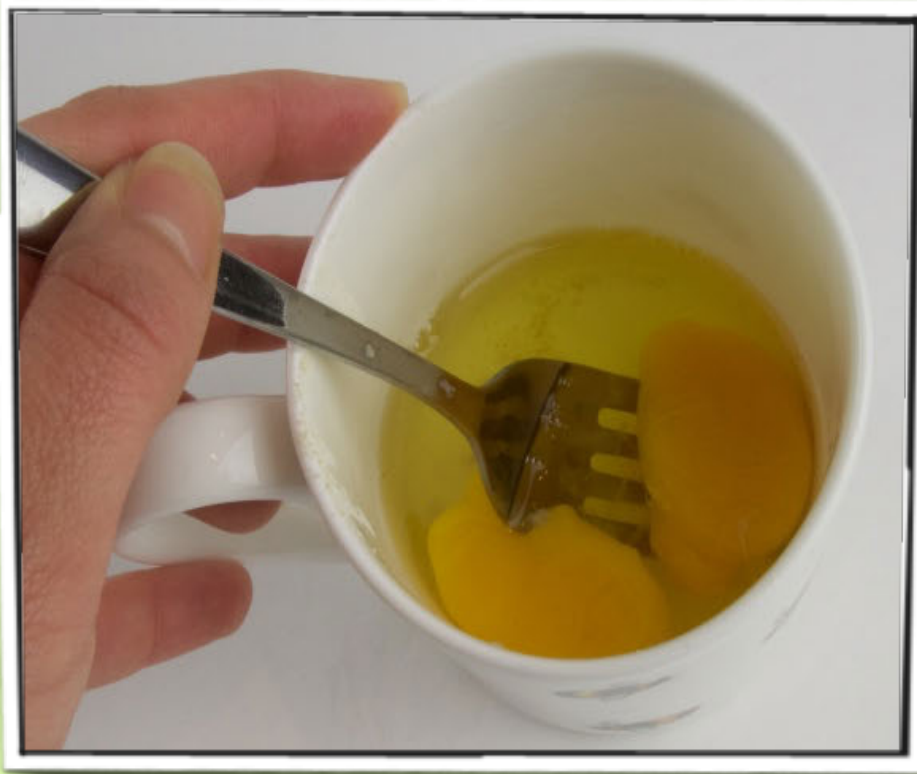
Cut the burgers in half to check they are cooked.



Beef Patties



Step 1:



Crack two eggs into a cup. Using a fork whisk the eggs lightly.

Step 3:



Grab handfuls of the mixture and roll into balls. Flatten the balls with your palms.

Step 5:



Carefully place the patties in the pan and cook for about five minutes.

Step 2:



Put all the ingredients into a bowl with the bread crumbs and mix together.

Step 4:



With adult supervision, heat a pan on the stove and pour some olive oil in it.

Step 6:



Turn the patties with an egg flip and cook for a further five minutes. Then, EAT THEM!

Turkey Patties



Step 1:



Drain the chickpeas and put them in a bowl. Use your hands and fingers to break the chickpeas.

Step 3:



Grab handfuls of the mixture and mould into balls.

Step 5:



Place the patties into a pan with oil and cook for five minutes on both sides.

Step 2:



Put all the ingredients into the same bowl and mix together with your hands.

Step 4:



Flatten the patties with the palms of your hands.

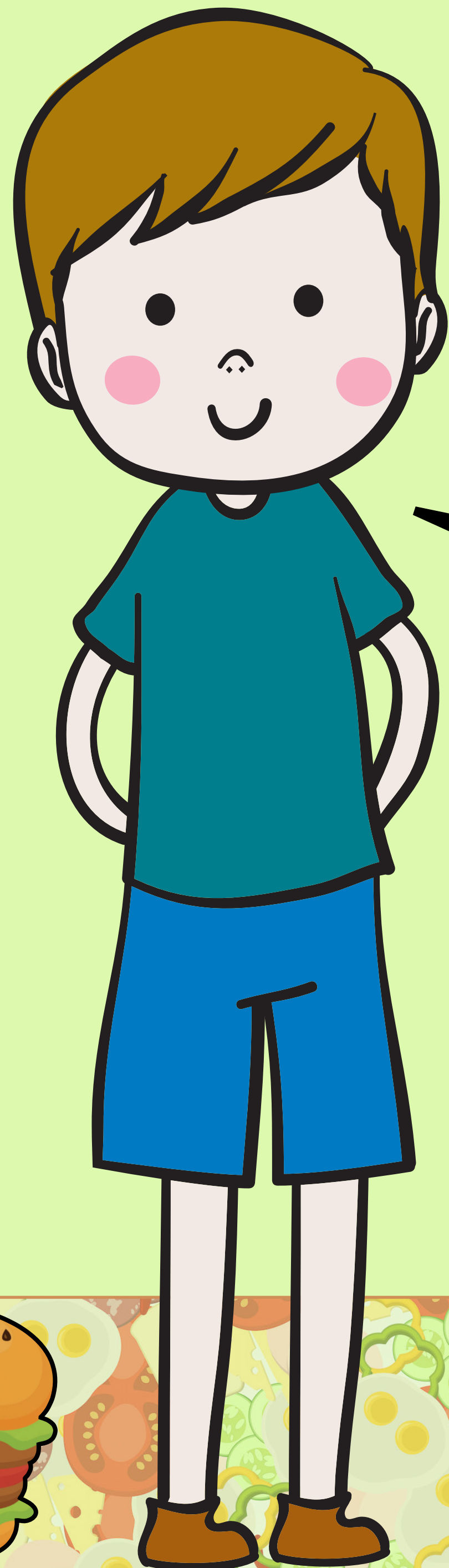
Step 6:



Then, EAT THEM!

Vegetarian Patties





Make
sure you
have adult
supervision
when using an
oven or
stove.

Another option

Instead of cooking your patties in a pan you might like to use the oven. Put foil on the bottom of the grill tray and place your patties on the wire rack. Turn the burgers once, after five minutes.



Plenary

Did you enjoy making your burger patties?

Have you tasted all three types of patties?

How could you make the burger patties taste better?

What could you add to the mixtures?

