

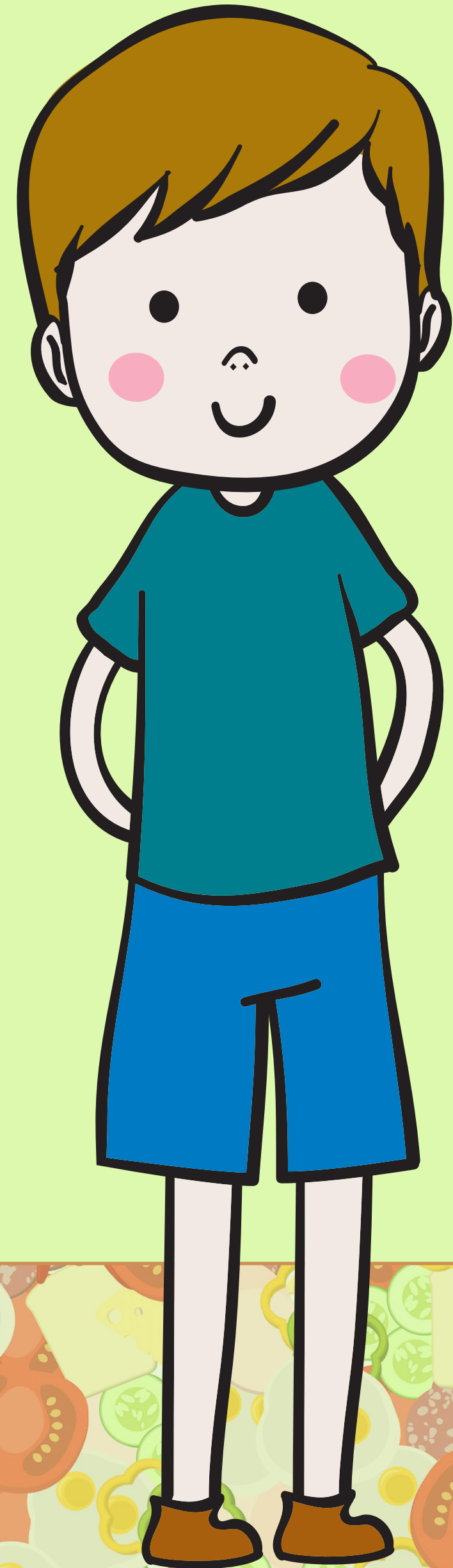
BURGERS

Learning Objective:

To explore sauces and side dishes for burgers.



Discuss this question with a partner.



Apart
from a bread bun
and a patty, what do
burgers come
with?

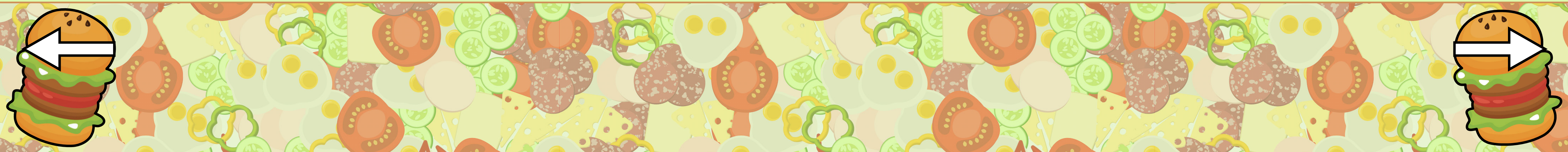


When you order a burger from a restaurant they usually come layered in this order: a bread bun, lettuce, patty, cheese, tomato, onion, sauce and another bread bun.



What other toppings can you have on a burger?

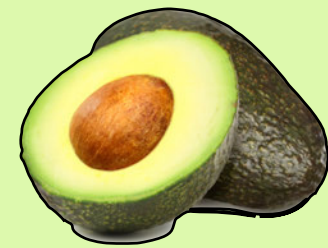
Discuss with your table group.



Did you think of these ingredients?



avocado



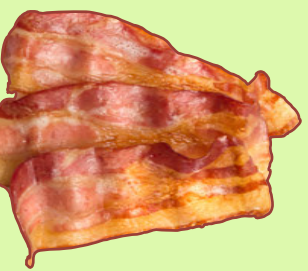
aubergine



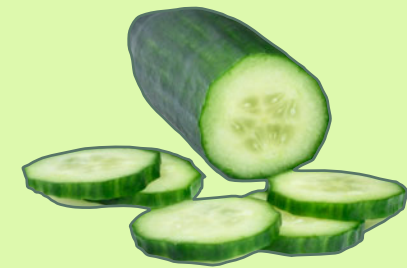
mushroom



bacon



cucumber



pineapple



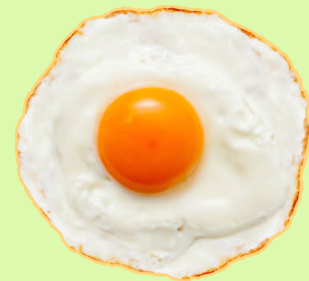
carrot



radish



egg



pepper



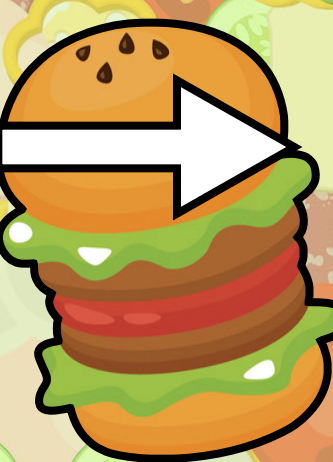
pickle



potato



Sauces are an also an important feature of a burger. They add flavour and change the taste of the burger. It is a good idea to choose a sauce that matches the patty flavour in the burger. For example, if you have a spicy beef patty you could choose a yoghurt or cheese-based sauce to balance the flavours.





There are many
different sauces you can
have on a burger. The next slide
shows some examples.
Can you discuss how each sauce
may have been made.
Have you tried any of the
sauces?



salsa



satay



tzatziki



guacamole



BBQ



tomato

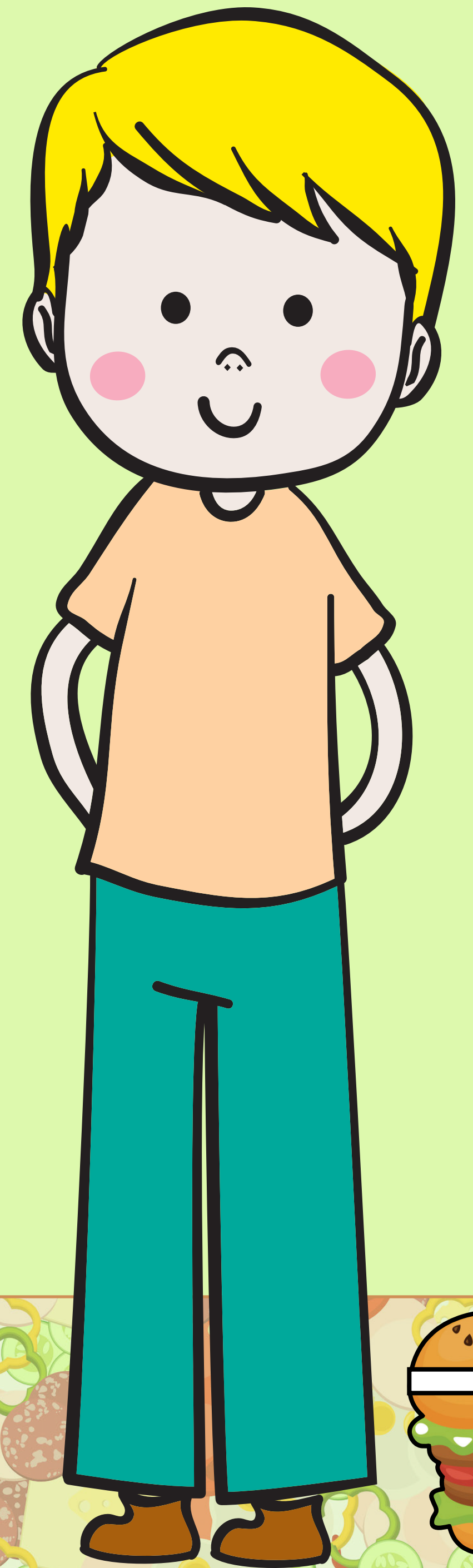
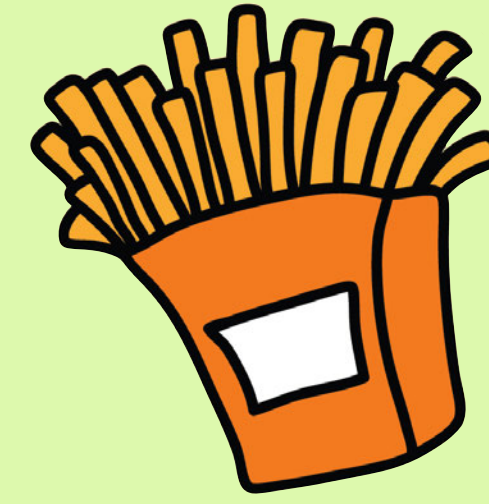


How do you make these sauces?



When you order a burger at a restaurant you are often asked what sides you would like with it.

Usually, chips and salad are sides that accompany a burger, however there are many other options you could choose.



Why do we have sides?

Apart from chips what other sides could you have?





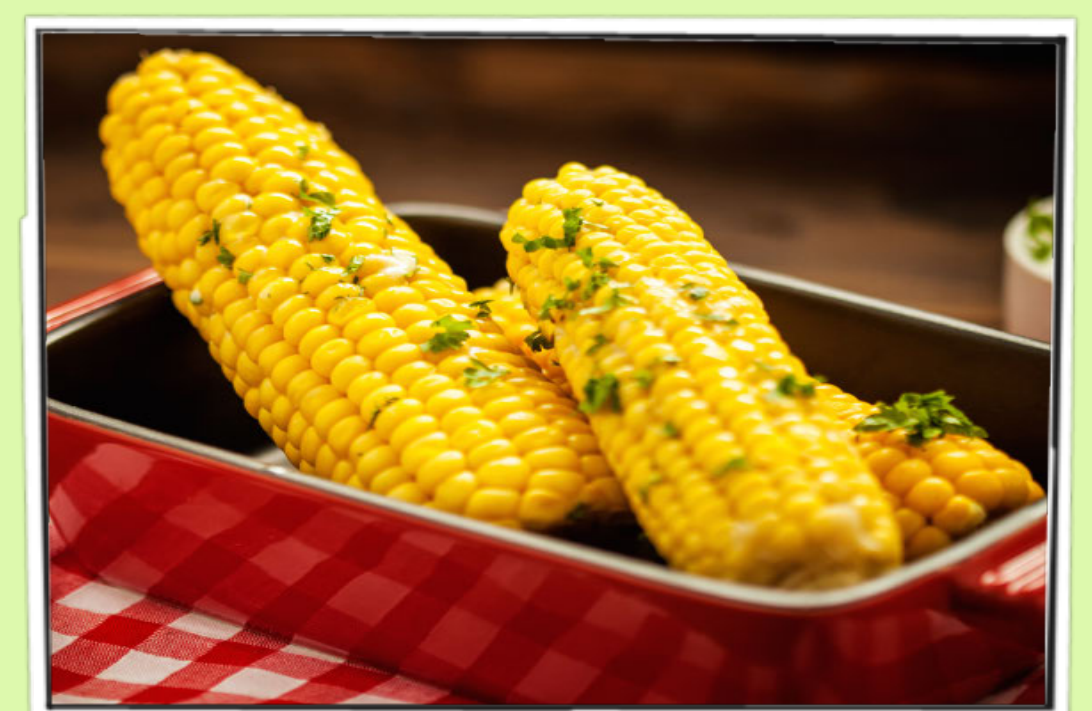
onion rings



sweet potato
fries



coleslaw



corn on the
cob



bean salad



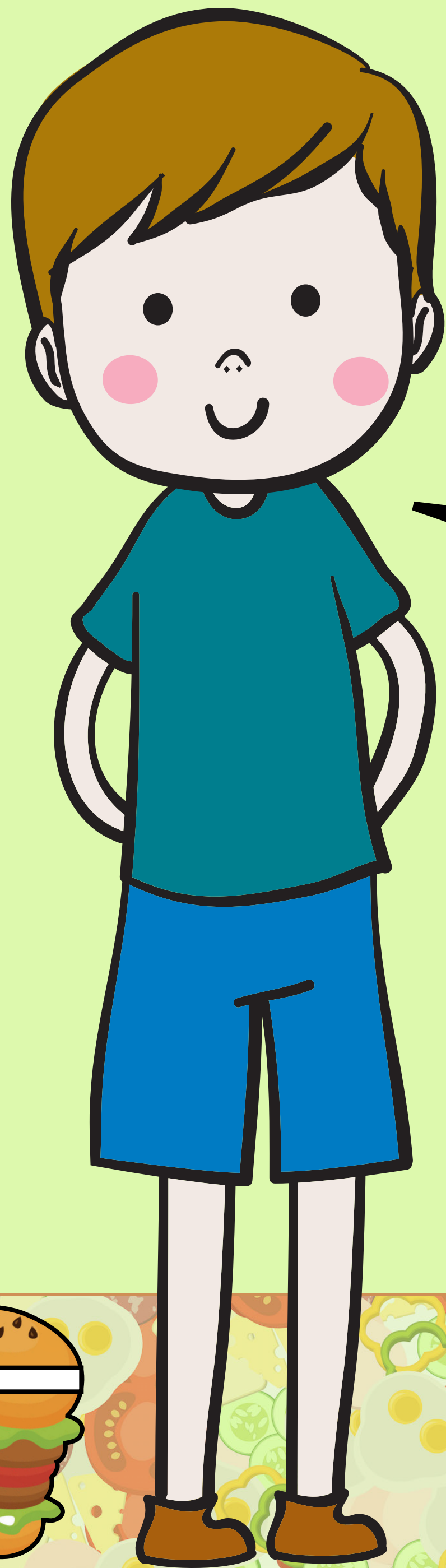
If you were
having a Mexican-style
burger which side would match
the best?
What about an Asian-style
burger?



mixed vegetables

Here are some side options to accompany burgers.
Have you tried any of these?





Today you will
make and taste three
different burger sauces.
Let's have a look at how
each sauce is made
first.



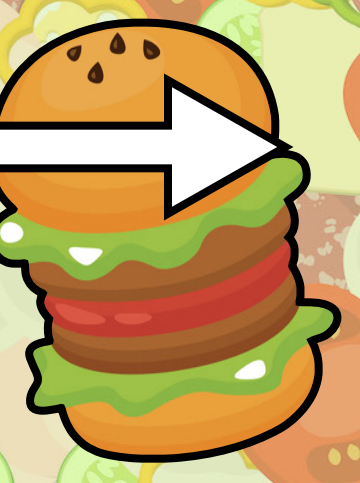
Tzatziki



BBQ



Salsa



Step 1:



Collect the ingredients and equipment you will need to make the Tzatziki.

Step 3:



Squeeze some lemon juice into the mixture and stir it in.

Step 5:



Stir in the oil, garlic, and salt. Mix well with a spoon.

Step 2:



Put the yoghurt into a mixing bowl. Cut and dice the cucumber into small squares. Add it to the yoghurt.

Step 4:



Cut some fresh dill into small pieces and add to the mixture.

Step 6:



Place some dill pieces on the top to garnish the sauce.

Tzatziki



Step 1:



Collect the ingredients and equipment you will need to make the BBQ sauce.

Step 3:



Mix the mustard thoroughly into the sauce and vinegar.

Step 5:



Add the salt and pepper, chilli powder and garlic to the mix and stir until they have dissolved.

Step 2:



Pour the tomato sauce into a bowl and mix in the vinegar.

Step 4:



Pour the sugar into the mixture and mix well until it dissolves.

Step 6:



Add a squirt of tomato sauce to the top to garnish your sauce.

BBQ



Step 1:



Collect the ingredients and equipment you will need to make the salsa.



Cut the coriander and parsley into small pieces and add to the mixture.



Add the salt and pepper, chilli, and garlic to the mixture and stir well.



Cut and dice the onions and the tomato and mix together in a mixing bowl.



Squeeze fresh lemon and lime juice into the bowl and mix well.

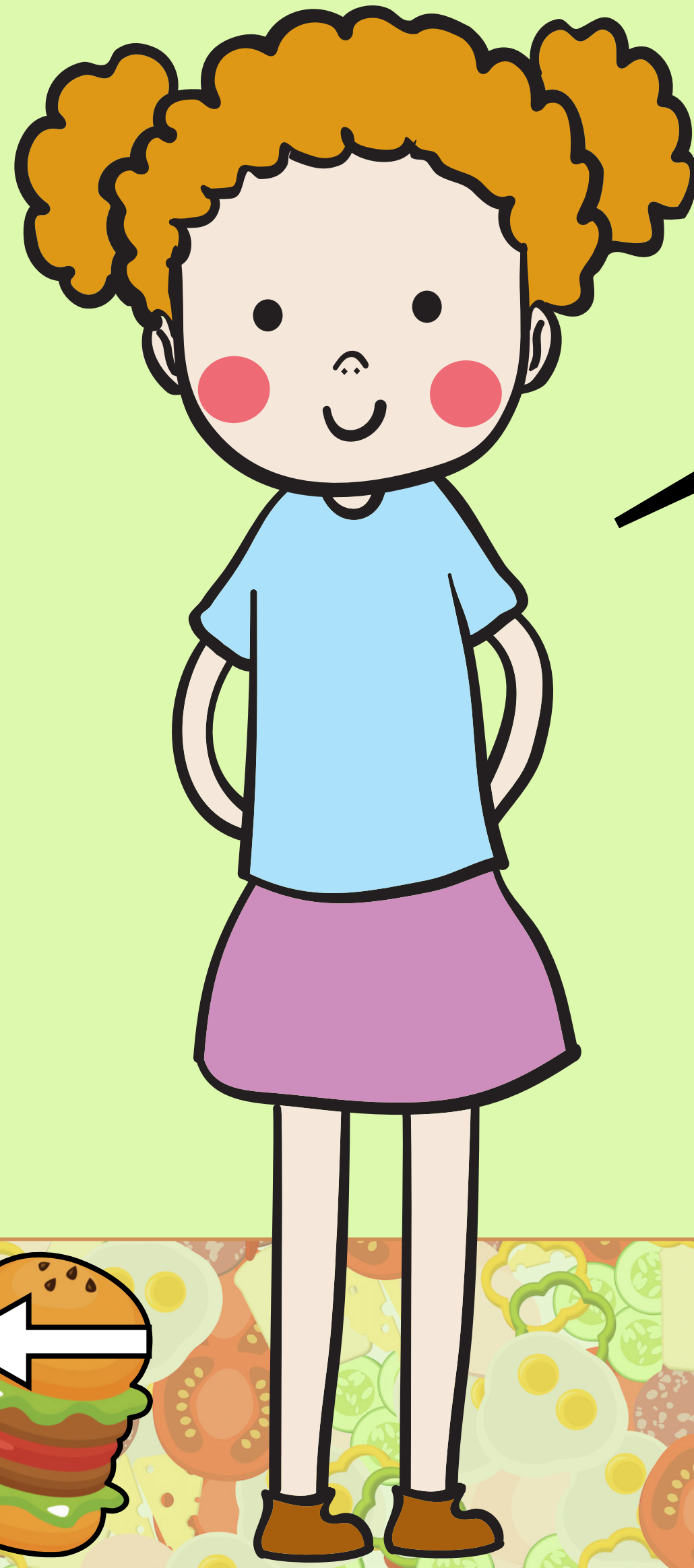


Add a piece of coriander to the top to garnish your salsa.

Salsa



Plenary



Did the sauces taste nice?

Can you decide what type of cuisine each sauce might fit with? Italian? Asian? Mexican?

Out of the three sauces, which one would be best to match with a vegetarian burger? A beef burger and a turkey burger?

