Burgers	Worksheet 5A
Name:	
Burger name and cuisine:	
Diagram  Method  1.  2.  3.  4.  5.	Ingredients and equipment  Ingredients and equip
6. 7. 8.	
<u>l will need help with:</u>	How I will make my burger look presentable:

Burgers	Worksheet 5B
Possible side dish:  Why I chose the flavours and combinations:	Ingredients and equipment:  Method:
Food safety and hygiene points:	Name:  Diagram
Possible challenges: Papyright @ PlanBee Kesources Ltd 2015	Cuisine description:  www.planbee.co

Design your burger and present the design in your own way. Use these prompts to make sure you have included important information.

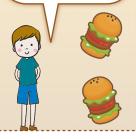


#### Think about these points when designing your burger

- The name of your burger and the type of cuisine.
- The ingredients and equipment you will need.
- A picture of how your burger will look.
- The method of how you will make the burger.
- A list of ingredients you may need to get yourself.
- A picture and description of a side dish to complement your burger
- Food safety and hygiene points.
- Possible challenges you may face and how you might overcome them.



Design your burger and present the design in your own way. Use these prompts to make sure you have included important information.

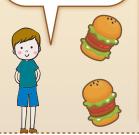


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# **Vegetarian Patty Recipe**



### <u>Ingredients</u>

400g can of chickpeas,
drained
lemon juice from half a lemon
1 tsp of ground cumin
small bunch of coriander,
chopped
1 egg
100g of breadcrumbs
half of 1 red onion, diced
1 tbsp of olive oil

#### **Equipment**

mixing bowl
knife
mixing spoon
fork
measuring spoons
chopping board
fry pan or oven
egg flip
paper towel
foil













#### Method

- 1. Tip the drained chickpeas into a large mixing bowl and mash them using your fists and fingers until they are mostly broken.
- 2. Add the lemon juice, cumin, chopped coriander, the egg, and onions. Mix these into the chickpeas until combined.
- 3. Add 80g of breadcrumbs and mix into the mixture with a spoon.
- 4. Grab small handfuls of the mixture and shape into round patties. With the palms of your hands squash the patties until they are slightly flat.
- 5. Press the remaining breadcrumbs onto both sides of the patties and lay them on a tray.
- 6. Heat a frying pan with the olive oil. Fry the burgers for 4 minutes on each side. Keep the heat on medium so they don't burn.
- 7. Use an egg flip to turn the burgers once. Make sure you don't stand too close to the pan in case oil spits out.
- 8. Wait for your vegetarian burgers to cool and then eat them. Enjoy!





## **Turkey Patty Recipe**



## **Ingredients**

500g of turkey mince
1 cup of breadcrumbs
2 eggs lightly beaten
2 tsp of cumin
2 tsp of powdered
chicken stock
1 tbsp of garlic powder
1/2 red onion, diced
4 tbsp of vegetable oil

## **Equipment**

mixing bowl
chopping board
knife
fork
measuring spoons
cup
mixing spoon
frying pan or oven
paper towel
foil
egg flip













# Method

- 1. Open the turkey mince and tip it into a large mixing bowl.
- 2. Peel and dice half a red onion. Add this to the mince.
- 3. Add the breadcrumbs, eggs, cumin, chicken stock, onions and garlic to the turkey mince and mix together.
- 4. Grab small handfuls of the mixture and shape into round patties. With the palms of your hands squash the patties until they are flat.
- 5. Heat a frying pan with the olive oil. Fry the burgers for 3-5 minutes on both sides. Keep the heat on medium so they don't burn.
- 6. Use an egg flip to turn the burgers once. Make sure you don't stand too close to the pan in case oil spits out.
- 7. Wait for your turkey burgers to cool and then eat them. Enjoy!





## **Beef Patty Recipe**



## **Ingredients**

500g of beef mince
1 small onion
1 egg
1 tbsp vegetable oil
salt and pepper
1 tbsp of garlic powder
mixed herbs
garlic powder
chilli powder

# **Equipment**

mixing bowl
mixing spoon
chopping board
knife
measuring spoons
frying pan or oven
egg flip
paper towel
foil













# Method

- 1. Open the beef mince and tip it into a large mixing bowl.
- 2. Peel and dice the onion into small pieces.
- 3. Add the onion, garlic powder, egg, a sprinkle of mixed herbs and some chilli powder to the mince.
- 4. Grab small handfuls of the mixture and shape into round patties the size of a golf ball.
- 5. Squeeze the balls in the palms of your hand to flatten the meat.
- 6. Heat a pan or grill, lightly brush the surface with oil and cook the burgers for five or so minutes.
- 7. Use an egg flip to turn the burgers once. Make sure you don't stand too close to the pan in case oil spits out.
- 8. Wait for your beef burgers to cool and taste them. Enjoy!

### Challenge Cards

Hi! My name is Luke and I am allergic to nuts.

Can you make me a burger that has no traces of nuts?

If I eat nuts I will have a very bad reaction.





Research burger ingredients that have no traces of nuts.

Design a burger for Luke and present it on a poster.

Draw an expanded diagram and explain how it is safe for him to eat.

Do you need to think about anything else when making the burger?
Include your ideas on your poster.

Hi! My name is Emily and I am allergic to gluten and wheat.

Can you make me a burger that has no traces of wheat or gluten? I am very allergic!





Research burger ingredients that have no traces of wheat or gluten.

Design a burger for Emily and present it on a poster.

Draw an expanded diagram and explain how it is safe for her to eat.

Do you need to think about anything else when making the burger?

Include your ideas on your poster.

Hi! My name is David and I am allergic to dairy.

Can you make me a burger that doesn't contain dairy products? If I eat dairy products I will become sick.





Research burger ingredients that have no traces of dairy.

Design a burger for David and present it on a poster.

Draw an expanded diagram and explain how it is safe for him to eat.

Do you need to think about anything else when making the burger?

Include your ideas on your poster.

### Challenge Cards

Hi! My name is Amrita and my religion is Hinduism.

Because of my religion I only eat lamb and pork.

Can you make a burger for me?





Research burger ingredients for Amrita. What could you use?

Design a burger for her and present it on a poster.

Draw an expanded diagram and explain how it is safe for her to eat.

Do you need to think about anything else when making the burger?
Include your ideas on your poster.

Hi! My name is Abdul and my religion is Islam.

I do not eat pork because of my religion.

Can you make me a burger?





Research burger ingredients for Abdul. What could you use?

Design a burger for him and present it on a poster.

Draw an expanded diagram and explain how it is safe for him to eat.

Do you need to think about anything else when making the burger?

Include your ideas on your poster.

Hi! My name is Lisa and I am a vegetarian.

I do not eat any meat or animal products. I eat vegetable and grains.

Can you make me a burger?





Research burger ingredients for Lisa. What could you use?

Design a burger for her and present it on a poster.

Draw an expanded diagram and explain how it is safe for her to eat.

Do you need to think about anything else when making the burger?
Include your ideas on your poster.

Hi! My name is Alex and I love Mexican food.

I do enjoy eating spicy food and my favourite food is tomato.

Can you make me a burger?





Research burger ingredients that can be used for a Mexican theme.

Design a burger for Alex and present it on a poster.

Draw an expanded diagram and explain how it is suitable for him to eat.

Do you need to think about anything else when making the burger?
Include your ideas on your poster.

Hi! My name is Sarah and I love Asian food.

I love salty and honey tasting food. My favourite food is satay chicken.

Can you make me a burger?





Research burger ingredients that can be used for an Asian theme.

Design a burger for Sarah and present it on a poster.

Draw an expanded diagram and explain how it is suitable for her to eat.

Do you need to think about anything else when making the burger?

Include your ideas on your poster.

Hi! My name is Stuart and I am a very healthy person.

I only eat low calorie meals and am very diet conscious.

Can you make me a burger?





Research burger ingredients that have low calories and are healthy options.

Design a burger for Stuart and present it on a poster.

Draw an expanded diagram and explain how it is suitable for him to eat.

Do you need to think about anything else when making the burger?

Include your ideas on your poster.

Burgers	Poster Template