

Name: _____ Date: _____



Now that you have made and tasted your burger, can you answer these questions?
Let's evaluate the planning and cooking process.

1. My plan was detailed and easy to follow:

Strongly disagree

Disagree

Not sure

Agree

Strongly agree

2. The ingredients I choose to use fitted a cuisine theme:

Strongly disagree

Disagree

Not sure

Agree

Strongly agree

3. Making the burger patty was easy:

Strongly disagree

Disagree

Not sure

Agree

Strongly agree

4. I didn't have to make any changes when layering the burger:

Strongly disagree

Disagree

Not sure

Agree

Strongly agree

5. I made sure I was hygienic whilst I was cooking:

Strongly disagree

Disagree

Not sure

Agree

Strongly agree

6. My burger looked and tasted great:

Strongly disagree

Disagree

Not sure

Agree

Strongly agree

Name: _____ Date: _____



Now that you have made and tasted your burger, can you answer these questions?
Let's evaluate the planning and cooking process.

1. What did you enjoy the most about making your burger?

2. What did you enjoy the least about making your burger?

3. What did your burger taste like?

4. Did the bread and extras you choose for your burger hold together well? Why?

5. If you made your burger again what changes would you make?

6. Does your burger fit the particular cuisine you planned? Why?

Name: _____ Date: _____



Now that you have made and tasted your burger, can you answer these questions?
Let's evaluate the planning and cooking process?

1. If you made your burger again what changes would you make?

2. Did you follow your plan exactly?

2. Does your burger fit the particular cuisine you planned? Why?

2. Imagine a chef from a famous burger restaurant tasted your burger. What would he/she say about the appearance, presentation, taste and quality of the burger you made?



Here is a list of sauces and burger ingredients you might like to provide for your class. If you have five tables you could buy five of everything and group the ingredients on each table for the children to use. Find the **herbs and spices** you used in lesson two and allow children to use them again.

NB: This list does not include the ingredients for the actual patty. See recipes for this and record your list in the blank table below.

Sauces	Quantity	Ingredients	Quantity
Ketchup		Lettuce	
Mustard		Cheese	
Tomato Salsa		Tomato	
Tzatziki		Beetroot	
BBQ sauce		Avocado	
HP brown sauce		Pineapple	
Mayonnaise		Pickles	
Hummus		Cucumber	
Sweet chilli sauce		Red peppers	

<div></div>	Patty ingredients	Quantity
Herbs and spices:		



Vegetarian Patty Recipe



Ingredients

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

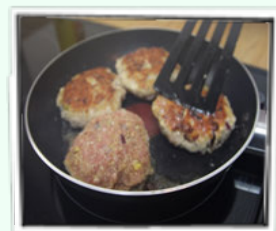


Ingredients

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!





Today you will be following a recipe from start to finish to make a burger. Choose a **Burger Recipe Card** you and your **table** group would like to cook.

Your challenge

These recipes will have ingredients listed that you might not have in the classroom.

You will need to make sensible **substitutes** for these. What might you use?

Record the changes you made on the recipe card.

The rest of the ingredients you will find in the classroom.

Remember

These recipes are for beef patties, however you can change the patty to the one your whole class decided on.

Follow that patty recipe given to you by your teacher.



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Really Easy Beef Burgers

Ingredients

500g minced beef
1 tsp of chilli powder
6 cheese slices
6 burger buns
lettuce, cucumber,
pickles
ketchup or mayonnaise



Method

1. Put the meat in a mixing bowl. Then sprinkle over the chilli powder and a little salt and pepper. Mix well with your hands or use a fork.
2. Divide the mixture into six equal pieces. Then shape with your hands into round burgers, about the width of the buns.
3. Fry the burgers in a hot pan or grill them in the oven for five minutes on each side, turning them carefully with a metal spatula or tongs. Take care as hot fat from the meat may spit a little.
4. If you want to make cheeseburgers, put a slice of cheese on top of the burgers when you turn them over and let it melt while the other side cooks. When they are ready, cut the burger buns in half.
5. Meanwhile, prepare the toppings of your choice. Separate the lettuce into leaves. Then, using a sharp knife, thinly slice the cucumber and pickles on a separate board to the one you prepared the burgers on.
6. Spread a little mayonnaise or ketchup - or both if you like - onto the buns, then top with your burgers and salads of your choice, followed by the remaining half bun.

Substitutes/changes made:



The Perfect Burgers

Ingredients

500g minced beef
1 egg
1 tsp of mustard
1 small onion
1 clove of garlic
1/2 teaspoon of salt and
1/2 tsp of pepper
2 tbsp of chopped
tomato
lettuce and cheese



Method

1. Whisk the egg in a bowl with a fork then add the mustard, onion, garlic, salt and pepper and tomatoes and mix together.
2. Crumble the beef into the bowl. Using your hands or a fork, gently mix together. Handle the meat as little as possible – the more you work it, the tougher it gets.
3. Gently shape (don't firmly press) mixture into burgers about 3/4 inch thick. Using your thumb, make a shallow depression in the centre of each burger to prevent puffing up during cooking
4. Place burgers on the grill or pan and cook until NO LONGER PINK INSIDE, turning once, about 6 – 8 minutes per side.
5. Meanwhile, prepare the toppings of your choice. Separate the lettuce into leaves and cut some cheese slices.
6. Spread a little mustard onto the buns, then top with your burgers and salads of your choice, followed by the remaining half bun.

Substitutes/changes made:



Cumin-spiced Lamb burgers

Ingredients

450g minced lamb
2 tbsp chopped fresh mint leaves or dried
2 tbsp chopped fresh coriander
1 tbsp dried oregano
1 tbsp chopped garlic
1 tsp cumin
salt and pepper
pitta bread
feta cheese



Method

1. Place the lamb in a large bowl and mix with the mint, coriander, garlic and oregano. Season with cumin and salt and black pepper; mix well.
2. Divide the mixture into 6 equal pieces, then shape with your hands into round burgers.
3. Fry the burgers in a hot pan or grill them in the oven for five minutes on each side, turning them carefully with a metal spatula or tongs. Take care as hot fat from the meat may spit a little.
4. Meanwhile, cut the pitta breads down the middle and crumble some feta cheese into a bowl.
5. Once the burger patties are cooked place one inside the pitta bread and add the feta cheese on top.

Substitutes/changes made:



Delicious Turkey Burgers

Ingredients

500g minced turkey
30g dried breadcrumbs
1/2 onion, finely diced
2 egg whites
small handful chopped fresh parsley
1 clove garlic, minced
1 teaspoon salt and pepper
lettuce, tomato, cheese
bread buns



Method

1. In a large bowl crack eggs separating the egg whites. Lightly beat the egg whites with a fork.
2. In the same bowl, mix the turkey mince, breadcrumbs, onion, parsley, garlic, salt and pepper.
3. Divide the mixture into six equal pieces, then shape with your hands into round burgers about the width of the buns.
4. Gently shape (don't firmly press) mixture into burgers about 3/4 inch thick. Using your thumb, make a shallow depression in the centre of each burger to prevent puffing up during cooking
5. Place burgers on the grill or in a pan and cook for five minutes on both sides.
6. Meanwhile, prepare the toppings of your choice. Separate the lettuce into leaves and cut some cheese and tomato slices.
7. Spread a little mayonnaise onto the buns, then top with your burgers and salads, followed by the remaining half bun.

Substitutes/changes made:

