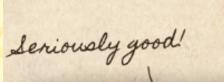


A good burger is one that is nice and juicy when you bite into it, and you just won't get that juiciness if the beef mince is too lean. Burgers are usually cooked at a fairly high temperature to get a nice crust or char on the outside.

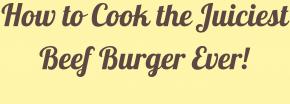


When buying beef for burgers,

thumb: Go for good quality beef

mince with a little fat content.

there's just one basic rule of



## Ingredients:

- 2 pounds of beef mince
- 1 egg, beaten
- 3/4 cup breadcrumbs
- 2 tablespoons Worcestershire sauce
- Pinch of cayenne pepper
- 2 pinches of seasalt
- 2 cloves garlic, thinly sliced



## Directions:

- Preheat grill for high heat.
- 2. In a large bowl, mix the beef mince, egg, bread crumbs, Worcestershire sauce, cayenne pepper, and garlic using your hands. Form the mixture into 8 hamburger patties.
- 3. Lightly oil the grill. Grill patties 5 minutes per side, or until well done.



## BBQ Tip:

Flip the Burgers Once and Only Once! Constant turning will toughen and dry out meat, and if you flip too soon, burgers will stick. Cook 2 minutes per side for rare, 3 for medium-rare, 4 for medium, and 5 for well-done.





