

Beef and bean burger with coleslaw



Serves 4

Ingredients

Beef & Bean Burger

200g Beef Mince
210g Red Kidney beans
7g fresh coriander (finely chopped)
20g breadcrumbs
1 egg (beaten)
Pinch Salt
Pinch pepper (optional)
30ml Olive oil
4 Burger buns

Coleslaw

¼ white cabbage
2 carrots
¼ small onion
Pinch salt
Pinch pepper
30g mayonnaise



Method

Watch the video first before cooking

1. Drain the kidney beans and place into a bowl. Mash them up into small pieces with a fork.
2. Mix into mashed beans the beef mince and beaten egg.
3. Add the chopped coriander, breadcrumbs, salt, and pepper mix again thoroughly.
4. Form mixture into four even sized burgers. Place onto a plate, cover and chill in the fridge for ½ an hour.
5. To make the coleslaw. Take the white cabbage and shred into fine slices.
6. Peel carrots and grate onto the cabbage.
7. Finely dice the onion and add to the cabbage mix.
8. Add the mayonnaise and seasoning. Stir all the ingredients thoroughly. Check for seasoning.
9. Take a large frying pan and heat oil in pan. CAREFULLY place the burger patties into the hot oil and cook for 4 minutes before turning them over and cooking again for another 4 minutes.
10. Remove from the heat and place into the burger buns. Serve on a plate with coleslaw alongside. YUM

New Definitions

Grate

To break into small pieces by rubbing against something rough e.g. A grater

Shred

Cutting food into thin slices or pieces using a sharp knife, food processor or grater

Dice

To cut into small cubes

Beaten

Mixing or stirring ingredients until they are blended/mixed together





Seasoning

Adding for example Salt/pepper/herbs/spices to food to give it more flavour

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Summer Chefig Ingredients for Recipes

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200g Beef Mince	
210g Red Kidney Beans	
7g Coriander	
20g Breadcrumbs	
1 Egg	
Salt pinch	
Pepper pinch	
30ml Olive oil	
4 Burger Buns	

INGREDIENTS	
	¼ White cabbage
	2 Carrots
	¼ Onion
	30g Mayonnaise

g = grams

ml = milliliter

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IMPORTANT HEALTH & SAFETY INFORMATION FOR ALL CHEFS

PERSONAL HYGIENE

- Always have an adult in the vicinity before preparing food and starting to cook.
- Make sure that your clothes are clean. Wear a clean apron if you have one. Wear sensible close-toed shoes. No flipflops or bare feet. Jewellery should be removed and hair tied back.
- Hands should be thoroughly washed with anti-bacterial soap before starting each session. Hands must be washed between each food handling process especially when handling raw meats and uncooked vegetables.

WORK AREA

- Set up your work table with your tools chopping board and ingredients. Make sure that any soaps, detergents and bleaches are put safely away in cupboards.
- Have your recipe in front of you, read it thoroughly. Understand what it is that your trying to do.
- Make sure electrical appliances are kept a safe distance away from the wash up area.

FOOD PREPARATION

- Prepare raw vegetables and salad ingredients by giving them a thorough wash in clean running water.
- Do not wash raw meats before use, this can cause a lot of bacterial contamination in your working area.
- If possible use a separate board for preparing raw meats. After preparing raw meats wash your knife and chopping board with hot soapy water, spray with a sanitizer spray , then rinse.

KNIFE HANDLING

- Use the right knife for the right job. Always keep your knives sharp and clean.
- Never cut towards your hands. Always cut food down on a chopping board not held up in the air. When chopping keep your fingers curled back away from the blade.
- When task is finished place your knife neatly alongside your chopping board.
- Never drop your knife into a wash up bowl, this can cause injuries if you have forgotten it was there.

COOKING AREA

- Make sure pots and pans are safe on the stove. Handles should be turned in so they cannot be knocked.
- Be very careful when opening the oven door. First partly open the door to let the rush of heat escape, then carefully proceed. Use oven gloves or folded oven cloths. Never use gloves or towels when damp, this can immediately cause burns.

DANGERS

- Any spills of oils and grease should be cleaned up immediately. This will prevent yourself or others slipping injuring themselves.

FIRE

- If a fire happens whilst cooking, call an adult immediately. Have a fire blanket or fire extinguisher close by.

INJURY

- Always have a first-aid kit close by. In the event of an injury call for an adults assistance immediately.

TIDY DOWN

- At the end of your cooking session wash and clean all surfaces with hot soapy water. Follow up with sanitizer spray. Put all tools and equipment safely away.
- Make sure your oven and hobs are turned off.

COOK SAFELY, ENJOY YOUR COOKING!