

HAMBURGERS



Preparation : 10 min - **Resting :** 1 hr - **Cooking :** 10 min - **Equipment :** -

Ingredients : 6

- BREAD BUNS - 120 ml of water - 300 g of strong white flour - 10 g of fresh yeast - 25 g of sugar - 1 egg - 1 beaten egg with 15 ml of milk - 40 g of melted butter - 3 g of salt - Sesame seeds (optional) - MINCED MEAT - 400 g lean beef - ½ red onion - 1 tbsp olive oil - Salt & pepper - GARNISH - 2 tomatoes - ½ red onion - 1 'Little Gem' lettuce - 6 cheese slices - Mayonnaise, tomato ketchup

TO MAKE THE BREAD BUNS

1. Stir the yeast into the warm (35 °C) water with a fork until it dissolves. Allow to rest for 1 minute.
2. Put the salt, flour, sugar, butter, egg and yeast liquid in the main bowl fitted with the dough blade.
3. Process for 30 seconds.
4. Transfer the dough to a floured mixing bowl using the spatula. Cover with cling film or a damp cloth. Leave to rest for 30 minutes.
5. Knock the dough down by giving it a few gentle punches. Turn out onto a floured worktop.
6. Divide into 6 equal pieces using a sharp knife. Shape the dough into smooth-topped buns so that they have a uniform appearance after baking.
7. Take a shelf out of the oven and line it with baking parchment. Arrange the buns on top, cover with a damp cloth and prove for 30 minutes.

8. Preheat your oven to 220 °C (gas mark 7).
9. Brush the buns with the egg-and-milk mixture.
10. Scatter with sesame seeds.
11. Bake in the oven for 10 minutes, or until golden.
12. Allow to cool before eating.

TO MAKE THE BURGERS AND GARNISH

1. Wash the lettuce. Peel and halve the onion. Slice the tomatoes, one of the onion halves and the lettuce in the midi bowl with the 2-mm slicing disc. Set aside.
2. Cut the remaining half-onion into pieces, transfer to the main bowl with the metal blade and pulse 5 times.
3. Cut the meat into large pieces. Add to the onion in the main bowl. Pulse a few times - the meat should be minced, not hashed. Season. Pulse 2 more times.
4. Shape the hamburgers with your hands. Fry them in a frying pan with a little olive oil for about 2 minutes on each side.
5. Top each hamburger with a cheese slice. Cover the frying pan until it is time to serve.
6. Make the mayonnaise according to the recipe on p.28, halving the amounts.
7. Split the buns, fill with tomato, lettuce, steak, mayonnaise and ketchup.
8. Eat while they are hot.

Chef's tip :

you can replace the sesame seeds with poppy or sunflower seeds. For people with a healthy appetite, make four buns instead of six. for even tastier hamburgers, add a slice of bacon to each one. Serve with french fries

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