

Quixotic Red Onion and Parsley Burger

INGREDIENTS

450 grams minced beef, Get good stuff from a real butcher if you can
1 medium red onion, chopped finely
2 tablespoons fresh parsley, Dried will work but fresh is better, aim for about 2 table spoons after chopping
1 teaspoon worcestershire sauce
1 dash salt
1 dash pepper

METHOD

Place the ingredients in a bowl, and season well with the salt and pepper. Mix together till all ingredients are evenly distributed. Then add the secret ingriedient: Worcestershire sauce. Sprinkly on about a teaspoonful over the mix. Not to much, just a splash. Then give the mixture a good stir to get the Worcestershire sauce evenly distributed.

Form up your burgers either by hand, or preferably using a Burger Press. You should make between 3 and 5 depending on how much you add to each burger. You can cook them immediatly, but I prefer to leave them overnight in the fridge, they tend to stay together better then.

To cook really is your preference, I go for grilling, but you can fry or oven equally well. Just don't be to eager to turn them, make sure you have them done on one side before turning over, again this helps with their integrity. Oh, and don't forget to take the wax disks off before cooking...

Thats it, enjoy in a nice bun with a liberal helping of hamburger relish.

Source: <http://quixotic.eu/Articles/Burger.shtml>

(4 servings)

NUTRITION FACTS	
Servings:	4
Amount Per Serving	
Calories:	257
Total Fat:	10.25g
Cholesterol:	92mg
Sodium:	142mg
Total Carbs:	6.67g
Dietary Fiber:	0.82g
Sugars:	4.31g
Protein:	29.08g