

Veggie burger



Ingredients

- 1 tin of mixed bean salad – drained
- ½ onion – diced
- 3 small or one large potato – peeled and diced
- 1 medium carrot– peeled and diced
- 1 cup frozen peas
- 1 dessert spoon paprika



To bread

- 1 egg
- 1 cup flour (plain preferably but any can be used)
- 1 cup breadcrumbs



Method

1. Peel and dice the potato and put into a pan of salted water to boil, once boiling reduce to a medium heat and cook until the potatoes are soft enough to mash.
2. Meanwhile, dice the carrot and fry in a little oil over a very low heat – to soften but not colour. Add the diced onion, the peas and the drained tin of beans. Add 1 dessert spoon of paprika and salt and pepper to taste.
3. Once the potatoes are soft drain them return them to the pan allow to dry off for 3-4 mins and then mash (if you are unsure if the potatoes are ready mash a piece with a fork before draining).
4. Add the bean mixture to the pan and stir to combine. Allow to cool until you can safely handle them and divide into 6 and shape into burgers, cover and chill in the fridge until cool. If you wish you can cook like this without breading.
5. Whisk the egg with a fork and on separate plates lay out the flour and mix in some salt and pepper, whisked egg and breadcrumbs. Coat each burger in flour, the egg, then breadcrumbs, taking care to coat evenly.
6. Chill once more (approx. 30 mins), then pan fry either side on a low to medium heat until golden, crispy and hot in the centre.

Bread rolls

Dry ingredients

500g Strong White flour
Pinch salt
1 sachet fast action yeast
1 tbsp. sugar
1 tbsp. butter/margarine

Wet ingredients

100ml boiled water from the kettle mixed with
200ml cold milk

Method

Mix all dry ingredients together, including butter/ margarine and mix in.

Mix 100ml boiling water from the kettle and 200ml cold milk. Check temperature before using as too hot can kill yeast.

YOUR WATER & MILK SHOULD BE LUKE WARM, AND FEEL LIKE THE SAME TEMPERATURE AS YOUR HAND.

Make a well in the centre of the flour and pour in water, mix into a ball.

You will now need to work or knead the dough to stretch the gluten, the stretchier the better. It is ready when you can press a finger into it and it springs back.

Place in a plastic bowl, cover in cling film in a warm place to prove and doubles in size, about 1 hour. Remove dough, and stretch out again, being careful not to knock all of the air out. Shape into 100g pieces, roll and shape and place on a baking tray, cover loosely with cling film.

Leave to rise again, about 30 mins, preheat oven in this time to 240oC Gas 7. Place an ovenproof small bowl/metal plate water into the bottom of the oven as you get ready to put the topping onto the bread.

Place into oven, and check after 15mins, you may need to lower the temperature down to 200oC/gas 5 at this point. Cook for remaining 10-15 mins.

To check if it's cooked, tap bottom of the bread, if it sounds hollow its done.