

# TRACY'S TERRIFIC HOME-MADE BURGERS



Tracy may not be famous for her skills in the kitchen but she does love to tuck away a good burger and what could be tastier than a home-made one! It's as easy as pie – in fact, a pie would be a lot harder! Just follow these simple instructions to make enough for four or five people.

## INGREDIENTS

500g minced beef

Small onion, finely chopped (optional)

Salt and pepper

1 egg, beaten

1 slice bread, crusts cut off, soaked in water  
or large handful breadcrumbs



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- 1 Put the mince in a mixing bowl and add the onion if using. Add the beaten egg and the bread or breadcrumbs. Season with salt and pepper.
- 2 Stir vigorously with a wooden spoon to soften the meat and mix everything together.
- 3 Use your hands to shape into 4 large burgers or 6 smaller ones.
- 4 Brush the surface of the burgers with a tiny bit of sunflower or olive oil.
- 5 With adult help, heat the grill or a cast-iron ridged grill pan till very hot. Put the burgers under the grill or on the grill pan. Turn over after about 5 minutes, and cook for about another 5 minutes. The outside should have dark stripes while the inside is pinker and more juicy.
- 6 Serve on split burger buns with lashings of ketchup and salad on the side, or however you like.
- 7 Enjoy!

