



Best Beef Burger Recipe

I know this is a lofty claim to make, but I think I've found the best beef burger recipe. It's full of flavour, low on fat, holds its shape well and oozes juice when you take a bite into it. What more could you expect from the best beef burger recipe?

I use good quality mince meat with less than 5% fat content. As the beef is the main ingredient, make sure you source a good quality variety to ensure you get the best flavour. The burgers are best left to chill for an hour or two before cooking, if possible.

Ingredients: Serves 4:

1kg good quality minced beef	2 heaped tsp Dijon mustard
1 tbsp coconut oil, rapeseed oil (or oil of your choice that fries well)	Pinch of chilli flakes (optional)
2 red onions, finely chopped	2 medium egg yolks
4 cloves of garlic, finely chopped	2 tsp dried thyme leaves
1 tbsp Worcestershire sauce	Pinch salt
1 tbsp thick balsamic vinegar	Black pepper

Method:

Add all the ingredients for the burgers into a large bowl and combine well. Cover and chill for a minimum of one hour.

The best beef burger recipe allows for two burgers per person. Divide the mixture up into 8 similar sized balls then shape them in your hands into a burger shape, roughly 3cm thick. In a large frying pan, heat up the oil until it is very hot.

You may need two pans or to cook in batches. They are ideal when rested for a few minutes before serving, so don't worry about them spoiling if you need to cook in batches. Just place them somewhere warm until they are all ready for serving.

Once the best beef burgers are in the pan, cook on a medium hot heat for 3 - 4 minutes on each side, depending on how well cooked you like them. I prefer them juicy so cook for around 3 minutes each side.

Serve up with your favourite burger toppings such as cheese slices, slices of tomato, iceberg lettuce, gherkins and tomato ketchup and mayonnaise. If you're using cheese, place it on top of the burger as soon as it is cooked.

Layer up the best beef burger with the toppings inside deliciously fresh burger buns or follow this recipe to bake your own in advance.

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