



This is Sue's take on a BLT Burger. There are many many myths about the contents of a Beef Burger. But the hint is in the name. They really don't need Potato starch, breadcrumbs, Mono and Diglycerides of fatty acids (I mean really?) or any of the other obscure additives you'll find in the ingredients of some low cost burger. All you actually need is Beef mince and a little Salt and Pepper. You don't need any fancy gadgets or burger presses, just your hands.

So the BLT with Cheese

Ingredients:-

Beef mince
Salt and Pepper
Bacon
Lettuce
Grated Cheese
Cherry Tomatoes
Mayonnaise
Oil to fry

Method:-

- (1) Add a little Salt and Pepper to your mince and mix well.
- (2) From fist sized balls of mince flatten out your burgers.
- (3) Fry two rashers of Bacon per burger and set aside.

- (4) Cut your buns in half and spread Mayonnaise on both top and bottom.
- (5) Add Lettuce and a halved Cherry Tomato to the bottom slice of each bun.
- (6) Fry your burgers turning over once, until cooked through. Don't cook for too long as they will dry out.
- (7) Add your Bacon and grated Cheese and cover the pan with a large lid while still on the heat.
- (8) Once the Cheese has melted place the burger on the bun and add the top of the bun. We used a knife to stop the whole thing collapsing, but you can be a bit more elegant with a burger skewer if you prefer!

We served ours with dreaded oven chips as we weren't allowed a frying pan at the time (Long story) but hand cut chips would make a great accompaniment.