

This was actually far from planned. We had a bit of salad in the fridge and the return time for me from stripping a large LED Screen was unpredictable. So I bought some cheep Mince, Lactose free Cheese and some Gluten free Buns. That would have made a pretty good burger. But on my way back from Coppergate I popped my head in at Tesco. King Prawns were on offer?? The Surf and Turf Burger was born?..

General ingredients:-

(Feel free to use whatever you have in!)

Bread Buns (Gluten free for us)
Onions, Diced
Cheese (Laclose free here), sliced
Salad (Peas Shoots and Radish here)
Tomatoes, sliced
Pickles, Gherkins worked well
Mayonnaise
Tomato Sauce
Minced Beef (500g of 20% Fat mince was £1.29)
King Prawns
Garlic Butter (Actually DIY Garlic Margarine for us)

Method:-

(1) Mix the Minced Beef with a little Salt & Pepper and form into large Burgers by hand.
(2) Cut the Buns in half and toast a little under the grill.

(3) Grill the Burgers until they are pretty close to 75c in the thickest area. Turning to brown on eat side.
(4) Add the Cheese to the top of the Burgers and grill until the Cheese melts.
(5) Lightly fry the Prawns in Garlic Butter and set aside.
(6) Dress the top and bottom inners of the buns with Mayo, Tomato Sauce Onion, Salad and sliced Tomato.
(7) Assemble the Burger. Go all ?Free Style? we did!

It might look a total mess, but this was one of the best ?Random? Gourmet Burgers we?ve ever thrown together. Day 2 of Wimbledon Tomorrow, so when I get back we might batter and deep fry some Strawberries?. Yes I?m Joking!