

## NUTRITION: Lazza's Kitchen

### Homemade Burgers

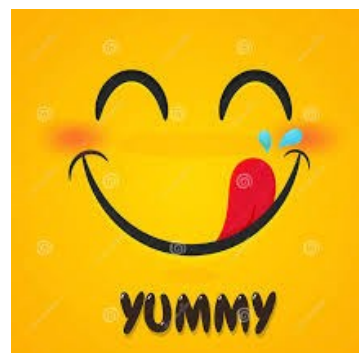
Lazza is still trying out new recipes  
Today - he makes his first ever burgers

Many people claim to have invented the Hamburger.  
However, it gained national recognition at the 1904 St. Louis World's Fair  
when the New York Tribune referred to the hamburger as  
"the innovation of a food vendor on the pike"



Beef Mince (I used 750g)  
Onion, finely chopped  
Garlic (finely chopped)  
Mustard (they said Dijon, I used English)  
Worcestershire sauce  
Salt and Pepper  
One egg yolk  
Herbs to taste (they suggest Parsley  
(you can choose your amounts to taste)

- Place all the ingredients into a large bowl. Make sure you season well, and then join them all together until well mixed.
- Cover and chill for an hour in the fridge.
- Using wet hands (it's easier), shape the mixture into the number of burgers you want (I was able to fashion 6).
- Cook them straight away. I fried mine in a frying pan, but you can oven cook or grill. Just do them till they are cooked the way you like.
- Serve them up and enjoy.
- The beauty with this is you can add whatever you want to the mix to make your own burger versions.



*Seriously easy recipe.*  
As you can see,  
they turned out really well.  
Good to chill before so they sort of cement  
together, so make sure you also create them  
properly so they do not crack.  
You can cook them rare, medium or well  
done, that's up to you.

During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.  
Why not try out some new recipes and foods yourself?  
This was a great and very tasty meal to prepare.