

Hamburger meat patties – makes 6 patties



Equipment



Preparing the patty



1 Crack egg into bowl and add plain flour, chill, Italian herbs and salt

2 Wisk



3 Add meat

4 Mix



5 Dust board with flour and measure 1/3 cup of raw meat mix



6 Dust with flour and roll into a ball



7 Flatten patty

Ingredients



4 x 1/2 cups lean mince

1 egg

1/8 teaspoon of chilli powder

1/2 teaspoon mixed Italian herbs

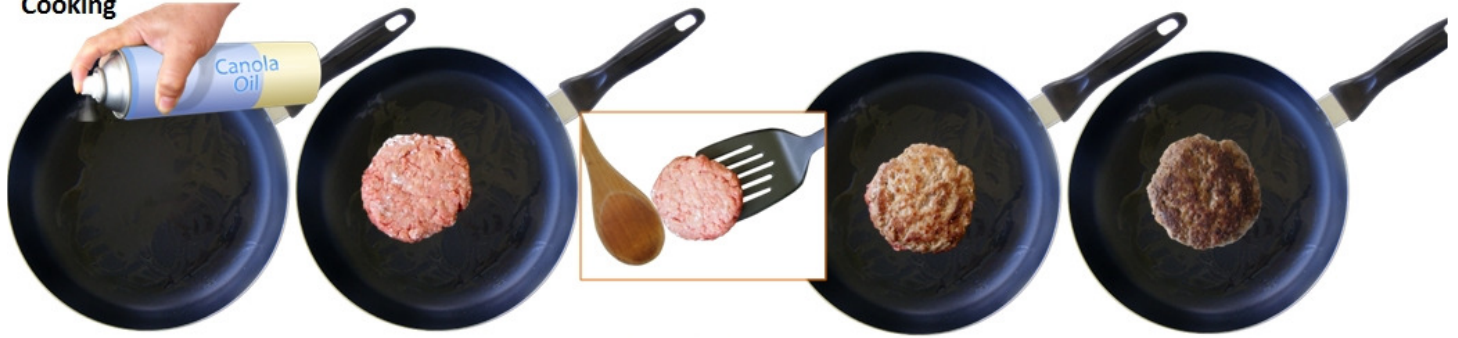
1/4 teaspoon of salt

1 table spoon besan (chickpea) flour or plain flour

Flour for dusting

canola oil spray

Cooking



8 Spray frying pan with oil

9 When the frying pan is hot carefully add the patty

10 Cook the patty for 5 minutes. Then push the patty on to the spatula and flip it

11 Cook the patty on both side to make sure it is cooked all the way through

Cook you hamburger properly



Germs are alive



When the patty has just been turned the first time. The middle is still raw



Germs are dead



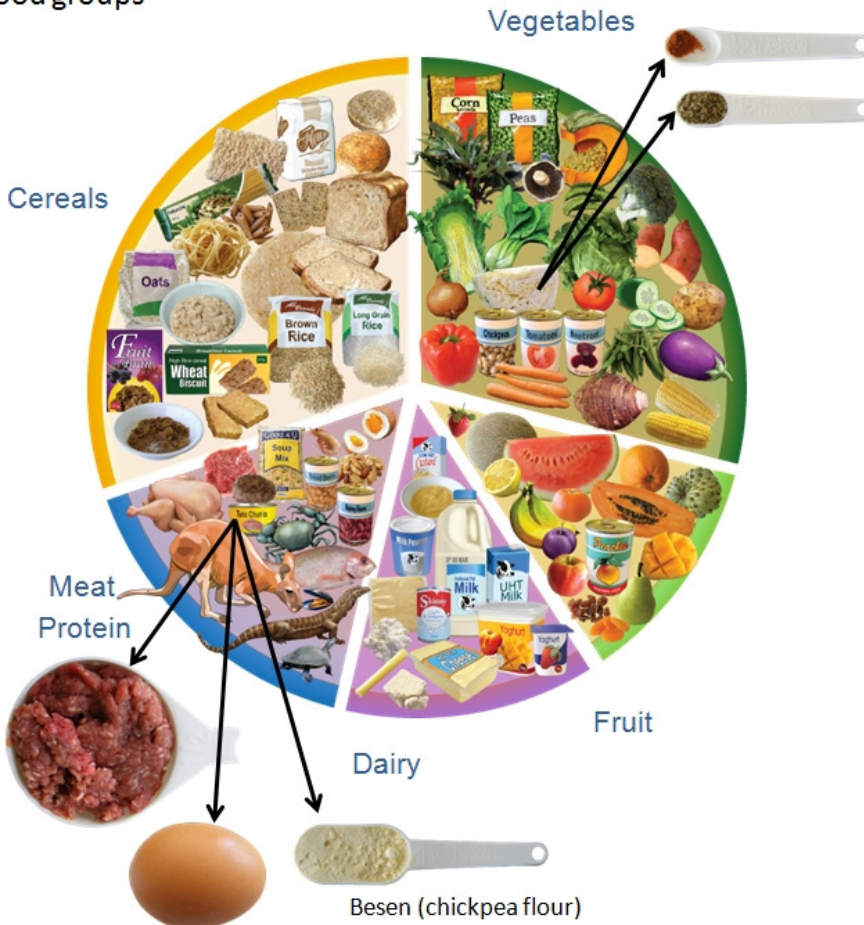
When you have finished cooking all the bacteria must be dead



If you test with a thermometer the middle of the patty must get above 74 degrees

Food groups

Serves in 1 hamburger patty



2/3 serves of meat

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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