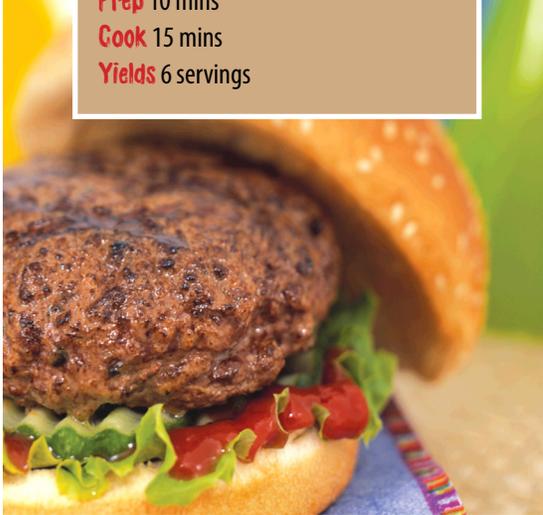




Culinary Practice Recipe

Prep 10 mins
Cook 15 mins
Yields 6 servings



Best Ever Lean Beef Burgers

Prepare Ingredients

1 lb (500 g) extra lean
or lean ground beef

1 egg, lightly beaten

¼ cup (50 mL) each
finely chopped onion
and mushrooms

½ cup (125 mL) dry
bread crumbs

¼ cup (50 mL)

Worcestershire sauce

and evaporated milk
1 clove garlic, minced
Pepper, to taste

Cook

Lightly combine all ingredients.

Gently form into six or seven 3/4-inch (2 cm) thick patties.
Cover and chill for 1 hour or up to 1 day.

Cook patties over medium heat on lightly greased grill
for 6 to 7 minutes per side until a digital instant read
thermometer inserted sideways into centre of each patty
reads at least 160°F (71°C).



Burgers are a popular meal choice during outdoor **barbeque** season, but they can also be cooked in a

skillet or **grilled with a broiler** in the oven. Barbeques and skillet grilling are "bottom heat" methods. Grilling with a broiler is a "top heat" cooking method. The heat for cooking comes from above the meat. This is done in an oven directly on the top rack which is placed 12cm (5 inches) below the top element. Food is placed on the grilling pan to cook. Water is put in the bottom pan to catch the fat drippings, so there is less mess. The meat must be flipped to cook the other side. A broiler does not have a temperature gauge. You control the heat source by where you place the rack in your oven. A thicker piece of meat is placed further away from the top element to make sure the middle cooks.

Ground beef colour is variable and not a good indicator of freshness. For example, ground beef will be dark purple until it meets oxygen. That's why ground beef in the centre of a pack won't match its cherry-red surface colour.

The ground beef may also remain pink even when fully cooked. The reliable way to know your burgers are cooked is to check the internal temperature with a digital instant read thermometer. Ground beef burgers are done when the thermometer reads 160°F (71°C).



Watch a video and tips for cooking burgers at <https://canadabeef.ca/burgers-know-how/>.



Culinary Practice Recipe

Best Ever Lean Beef Burgers



How much ground beef would you purchase if you were making burgers for 4 people? For 8 people?



What purchasing options do you have for ground beef? Which cut would you choose for this recipe? Why?



This lean burger uses chopped mushrooms and evaporated milk for extra juiciness, and Worcestershire sauce is a very simple seasoning. Use a moderate heat for grilling to avoid scorching. This dish provides a good source of iron (19% DV) and excellent source of zinc (48% DV).

Use a gentle touch when shaping ground beef patties. Over-handling will result in a firm compact texture after cooking.

Keep formed patties in the refrigerator for 15 minutes before cooking and they will hold together better.

Burgers puff up as they cook and become a bit baseball like unless you make a thumbprint indent into the center of the patty before cooking. It comes down to physics – the burger crusts up at the edges first as it cooks, the center of the burger is expanding as it cooks and has no where to go but up.

Nutrition Facts

per serving

Amount	
Calories	183
Protein	20 g
Fat	7 g
Carbohydrate	9 g
Sodium	250 mg

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/best-ever-lean-beef-burgers/>