

# Hamburgers

<https://www.magimix.co.uk/recipes/Hamburgers?p=3>

PREPARATION: 10 min

COOKING: 10 min

RESTING: 60 min

DIFFICULT : 



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## SERVES 6:

120 ml of water  
300 g of strong white flour  
10 g of fresh yeast  
25 g of sugar  
1 egg  
1 beaten egg with 15 ml of milk  
40 g of melted butter  
3 g of salt  
Sesame seeds (optional)  
400 g lean beef  
½ red onion  
1 tbsp olive oil  
Salt & pepper  
2 tomatoes  
½ red onion  
1 'Little Gem' lettuce  
6 cheese slices  
Mayonnaise, tomato ketchup

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### TO MAKE THE BREAD BUNS

- 1- Stir the yeast into the warm (35 °C) water with a fork until it dissolves. Allow to rest for 1 minute.
- 2- Put the salt, flour, sugar, butter, egg and yeast liquid in the main bowl fitted with the dough blade.
- 3- Process for 30 seconds.
- 4- Transfer the dough to a floured mixing bowl using the spatula. Cover with cling film or a damp cloth. Leave to rest for 30 minutes.
- 5- Knock the dough down by giving it a few gentle punches. Turn out onto a floured worktop.
- 6- Divide into 6 equal pieces using a sharp knife. Shape the dough into smoothtopped buns so that they have a uniform appearance after baking.
- 7- Take a shelf out of the oven and line it with baking parchment. Arrange the buns on top, cover with a damp cloth and prove for 30 minutes.
- 8- Preheat your oven to 220 °C (gas mark 7).
- 9- Brush the buns with the egg-and-milk mixture.
- 10- Scatter with sesame seeds.
- 11- Bake in the oven for 10 minutes, or until golden.
- 12- Allow to cool before eating.

## **TO MAKE THE BURGERS AND GARNISH**

- 1-** Wash the lettuce. Peel and halve the onion. Slice the tomatoes, one of the onion halves and the lettuce in the midi bowl with the 2-mm slicing disc. Set aside.
- 2-** Cut the remaining half-onion into pieces, transfer to the main bowl with the metal blade and pulse 5 times.
- 3-** Cut the meat into large pieces. Add to the onion in the main bowl. Pulse a few times - the meat should be minced, not hashed. Season. Pulse 2 more times.
- 4-** Shape the hamburgers with your hands. Fry them in a frying pan with a little olive oil for about 2 minutes on each side.
- 5-** Top each hamburger with a cheese slice. Cover the frying pan until it is time to serve.
- 6-** Make the mayonnaise according to the recipe on p.28, halving the amounts.
- 7-** Split the buns, fill with tomato, lettuce, steak, mayonnaise and ketchup.
- 8-** Eat while they are hot.

### **CHEF'S TIP:**

you can replace the sesame seeds with poppy or sunflower seeds. For people with a healthy appetite, make four buns instead of six. for even tastier hamburgers, add a slice of bacon to each one. Serve with french fries.