

My hamburger *(Fast food)*



Preparation

In a bowl, mix the minced meat with a few drops of Worcester sauce, a pinch of salt, a little oil and a quarter of a coarsely chopped onion. In this way you get much tastier hamburger meat than one with only plain mince, which can be dry and stringy. With a burger mould, if necessary, make two big ones. If you don't have a mould, use your hands and you'll see that it comes out the same! Cut the onion and pepper into julienne strips, heat a frying pan with a little oil (use a little kitchen paper so as not to leave too much oil and therefore avoid too much smoke), then "grill them" adding a bit more salt for flavour. Cook the burgers over high heat in the same pan where you fry the vegetables. When they seem nicely browned, transfer the hamburgers to a chopping board and cut them in half horizontally. You do this so as to give the final bit of cooking to the centre of the hamburger and also to better distribute them in a bread roll. While the meat is cooking, put a large frying pan on a high heat on which you lightly toast (but not dry out) the bread rolls cut in half. When the burgers are ready it's time to move quickly! You have to keep everything as hot as possible. Put everything you have in the rolls: the meat at the bottom, then a slice of Swiss cheese (I have sliced it myself at home with a potato peeler) so that it melts with the heat, the peppers and onion, gherkins, mayonnaise, ketchup and mustard. Cover with the other half of the roll and eat!

Tips

Choose the best minced meat - mix beef and pork, for example, if you like - but store it with care: it develops bacteria very easily.

Trivia

The origin of this specialty that has made its way virtually all over the world, imposing itself on every cuisine, is in the German city of Hamburg and then England, from where it later spread.

Information

Preparation 20 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Minced meat 400 grams

Onions (1 spring onion (or 1 white one))

Cucumbers (In sweet and sour sauce)

Emmental cheese (Some slices of emmental cheese)

Ketchup

Mayonnaise

Mustard (Sweet)

Worcester sauce

Bread (2 large round bread rolls)