



## Vegetarian Patty Recipe



### Ingredients

400g can of chickpeas,  
drained  
lemon juice from half a lemon  
1 tsp of ground cumin  
small bunch of coriander,  
chopped  
1 egg  
100g of breadcrumbs  
half of 1 red onion, diced  
1 tbsp of vegetable oil

### Equipment

mixing bowl  
knife  
mixing spoon  
fork  
measuring spoons  
chopping board  
fry pan or oven  
egg flip  
paper towel  
foil



### Method

1. Tip the drained chickpeas into a large mixing bowl and mash them using your fists and fingers until they are mostly broken.
2. Add the lemon juice, cumin, chopped coriander, the egg, and onions. Mix these into the chickpeas until combined.
3. Add 80g of breadcrumbs and mix into the mixture with a spoon.
4. Grab small handfuls of the mixture and shape into round patties. With the palms of your hands squash the patties until they are slightly flat.
5. Press the remaining breadcrumbs onto both sides of the patties and lay them on a tray.
6. Heat a frying pan with the olive oil. Fry the burgers for four minutes on each side. Keep the heat on medium so they don't burn.
7. Use an egg flip to turn the burgers once. Make sure you don't stand too close to the pan in case oil spits out.
8. Wait for your vegetarian burgers to cool and then eat them. Enjoy!





## Turkey Patty Recipe

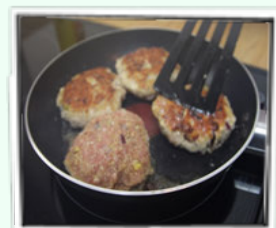


### Ingredients

500g of turkey mince  
 1 cup of breadcrumbs  
 2 eggs lightly beaten  
 2 tsp of cumin  
 2 tsp of powdered chicken stock  
 1 tbsp of garlic powder  
 1/2 red onion, diced  
 4 tbsp of vegetable oil

### Equipment

mixing bowl  
 chopping board  
 knife  
 fork  
 measuring spoons  
 cup  
 mixing spoon  
 frying pan or oven  
 paper towel  
 foil  
 egg flip



### Method

1. Open the turkey mince and tip it into a large mixing bowl.
2. Peel and dice half a red onion. Add this to the mince.
3. Add the breadcrumbs, eggs, cumin, chicken stock, onions and garlic to the turkey mince and mix together.
4. Grab small handfuls of the mixture and shape into round patties. With the palms of your hands squash the patties until they are flat.
5. Heat a frying pan with the vegetable oil. Fry the burgers for 3-5 minutes on both sides. Keep the heat on medium so they don't burn.
6. Use an egg flip to turn the burgers once. Make sure you don't stand too close to the pan in case oil spits out.
7. Wait for your turkey burgers to cool and then eat them. Enjoy!





## Beef Patty Recipe



### Ingredients

500g of beef mince  
 1 small onion  
 1 egg  
 1 tbsp vegetable oil  
 salt and pepper  
 1 tbsp of garlic powder  
 mixed herbs  
 garlic powder  
 chilli powder

### Equipment

mixing bowl  
 mixing spoon  
 chopping board  
 knife  
 measuring spoons  
 frying pan or oven  
 egg flip  
 paper towel  
 foil



### Method

1. Open the beef mince and tip it into a large mixing bowl.
2. Peel and dice the onion into small pieces.
3. Add the onion, garlic powder, egg, a sprinkle of mixed herbs and some chilli powder to the mince.
4. Grab small handfuls of the mixture and shape into round patties the size of a golf ball.
5. Squeeze the balls in the palms of your hand to flatten the meat.
6. Heat a pan or grill, carefully pour in some oil and cook the burgers for five or so minutes.
7. Use an egg flip to turn the burgers once. Make sure you don't stand too close to the pan in case oil spits out.
8. Wait for your beef burgers to cool and taste them. Enjoy!





Answer these questions while you wait for your burgers to cook.

1. List the steps involved to make your burger patties.

2. What was the easiest step?

3. What was the hardest step?

4. Describe how you think your burgers will taste:

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Answer these questions while you wait for your burgers to cook.

1. What was the easiest step?
2. What was the hardest step?
3. Describe how your burgers will taste:
4. What was easy/hard about cooking in a small group?
5. What would you add to your patty mixture for more flavour?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Answer these questions while you wait for your burgers to cook.

1. What changes would you make to the mixture to give your burger patties more flavour?
2. What new skills did you learn while preparing and cooking your patty mixture?
3. Describe what your burgers will taste like:
4. What food safety measures did you take while preparing and cooking your patties?
5. Which patty do you think you will enjoy eating the most and why?





## MAKE YOUR PATTIES MEXICAN FLAVOURED!



Follow the recipe to make the vegetarian burger patties.

What ingredients would make your patties taste Mexican?  
Choose two of the ingredients below and add them to your patty mixture.

Cook the patties. How do they taste?

chilli powder

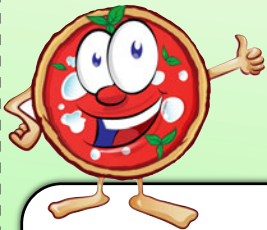
spinach

peanut butter

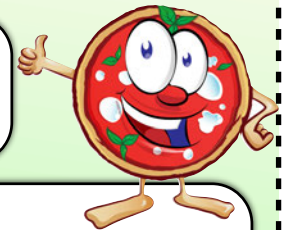
soy sauce

oregano

cut tomatoes



## MAKE YOUR PATTIES ITALIAN FLAVOURED!



Follow the recipe to make the vegetarian burger patties.

What ingredients would make your patties taste Italian?  
Choose two of the ingredients below and add them to your patty mixture.

Cook the patties. How do they taste?

pesto

chilli powder

jam

soy sauce

ginger

parmesan

**MAKE YOUR PATTIES BBQ  
FLAVOURED!**

Follow the recipe to make the beef burger patties.

What ingredients would make your patties taste BBQ?  
Choose two of the ingredients below and add them to your patty mixture.

Cook the patties. How do they taste?

tomato paste

cheese

Nutella

honey

mustard

cut tomatoes

**MAKE YOUR PATTIES GREEK  
FLAVOURED!**

Follow the recipe to make the beef burger patties.

What ingredients would make your patties taste Greek?  
Choose two of the ingredients below and add them to your patty mixture.

Cook the patties. How do they taste?

BBQ sauce

soy sauce

jam

feta cheese

corn

mint



**MAKE YOUR PATTIES INDIAN  
FLAVOURED!**

Follow the recipe to make the turkey burger patties.

What ingredients would make your patties taste Indian?  
Choose two of the ingredients below and add them to your patty  
mixture.

Cook the patties. How do they taste?

seeds

cheese

chilli powder

curry powder

basil

walnuts

**MAKE YOUR PATTIES CHINESE  
FLAVOURED!**

Follow the recipe to make the turkey burger patties.

What ingredients would make your patties taste Chinese?  
Choose two of the ingredients below and add them to your patty  
mixture.

Cook the patties. How do they taste?

ginger

mustard

feta cheese

honey

hoisin sauce

pesto

Here is a list of ingredients you can take to the supermarket with you. Remember to multiply the ingredients by the number of groups in your class.

Vegetarian patty	Turkey patty	Beef patty
400g can chickpeas QTY: <input type="text"/>	500g Turkey mince QTY: <input type="text"/>	500g beef mince QTY: <input type="text"/>
1 lemon QTY: <input type="text"/>	garlic powder QTY: <input type="text"/>	garlic powder QTY: <input type="text"/>
cumin QTY: <input type="text"/>	cumin QTY: <input type="text"/>	mixed herbs QTY: <input type="text"/>
1 egg QTY: <input type="text"/>	2 eggs QTY: <input type="text"/>	1 egg QTY: <input type="text"/>
100g breadcrumbs QTY: <input type="text"/>	1 cup breadcrumbs QTY: <input type="text"/>	
1 red onion QTY: <input type="text"/>	1 red onion QTY: <input type="text"/>	1 onion QTY: <input type="text"/>
vegetable oil QTY: <input type="text"/>	vegetable oil QTY: <input type="text"/>	vegetable oil QTY: <input type="text"/>
coriander QTY: <input type="text"/>	powdered chicken stock QTY: <input type="text"/>	chilli powder QTY: <input type="text"/>



Follow these guidelines (as well as any guidance from your teacher) to reduce the chances of having an accident, and help keep germs out of food!

### Prepare Yourself

If you have long hair, tie it back. Roll up your sleeves.

Wash your hands with hot water and soap. **If you sneeze or cough into your hands, or blow your nose, you must wash your hands again straight away!**

Wear a clean apron. **If you need to go to the toilet, take off your apron first!**

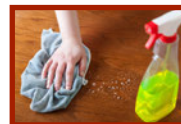


### Keep It Clean

Wipe down all surfaces with anti-bacterial cleaner. **Use a clean cloth or disposable wipes.**

Check that all equipment is clean and not damaged before using it.

If you drop any equipment on the floor, wash it again before you use it.



### Use Equipment Safely

Only get out the equipment you need. Get all equipment and ingredients out before you start.

Never walk around with knives. Get an adult to bring knives or sharp equipment to you.

Make sure you have adult supervision when using the stove or oven. Be sure to stand back from the heat in case the oil spits.

### Food Hygiene

Don't taste food unless an adult says it's OK. **Some food is not safe to eat when it is raw; some food may be too hot to taste.**

Don't taste food by licking your fingers! **If you need to taste food as you are cooking, use a clean spoon. Don't put a spoon back in food if it's been in your mouth!**

Follow instructions and recipes carefully. Make sure that food is cooked thoroughly.

### Tidy Up

Wash up all equipment with hot, soapy water when you have finished using it.

Put equipment away neatly.

Wipe down surfaces with anti-bacterial cleaner.

**Remember**, be careful with sharp knives.

Don't stand too close to the oven or stove. Use oven gloves to hold hot objects.





Use a fork to thoroughly mix the yolk and the white of the eggs together.



Dicing means chopping an ingredient into cubes, like dice! It's easiest to cut long strips first, then chop them into cubes.



When you are slicing ingredients, make sure your fingers are well out of the way. Try to make the slices the same size.



When you mix ingredients, make sure you start off slowly to lightly combine the products. When they start to combine you can mix faster.



When you shape patties into balls, use the palms of your hands. You may need to add extra flour or breadcrumbs to bind the mixture together.



You can mix the patty mixture with your hands. Make sure your hands are clean and then knead the mixture together.