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Bacon and Banana Burger

Ever tried a Bacon and Banana Burger? Tastes Great!

If you have already visited my Burger Making Tips page, are experienced in burger making or are a regular visitor to Hamburger Recipes.com please ignore the (links) below.

(A note on my measuring units)

Serves 4

For The Patties:

1lb/500g ground beef (how to grind your own meat)

a little pepper, fresh ground is better

a little salt, none if the bacon is salty

1 hand fresh bread crumbs

1 egg lightly beaten

1 quarter beef stock block dissolved in a quarter cup water

To cover the Patty

8 strips or enough bacon to enclose 4 patties

some toothpicks

For the Rolls:

4 rolls

2 bananas

a little butter

Mix all the patty ingredients thoroughly, leaving the bacon for later. (how to season meat).

Make sure the mixture is cool. Divide mixture into 4 equal balls and mold into patties (how to mold patties).

Wrap the bacon around the patties entirely covering it in as thin a layer as possible and secure by either tucking the edges under or by using toothpicks.

Peel the 2 bananas and split each in half by cutting down the full length from top to bottom. You now have 4 long 'half' bananas. Cut these diagonally in half and you have 8 shorter pieces. Heat a pan and fry the bananas in a little butter over low to medium heat for a minute or two, turning, until heated through and softish in texture. Set aside.

Cook the bacon wrapped patties on medium heat under the grill, on the barbecue or in a pan (how to regulate cooking temperature) until the patty is cooked to your preferred degree of doneness or the internal temp reaches 160F/70C (when is my patty cooked?).

Split the rolls and toast the cut surfaces lightly (under grill, on barbecue or in pan) just before the patties are done. Place 2 pieces of banana on each of the bottom halves. Remove the toothpicks and put the patties on top of the bananas and cover with the top halves of the rolls. I hope that you will enjoy this somewhat different bacon and banana burger.

Bon Appetit!