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Mustard Chicken Burger

This Mustard Chicken Burger has a great tangy taste. I use a home-made coarse mustard made from fresh ground mustard seeds and vinegar. Use your favourite mustard.

If you have already visited my Chicken Burger 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 chicken meat ground or finely chopped. [\(How to grind your own Meat\)](#)

1 half onion finely chopped

1 clove garlic crushed

1 half red pepper finely chopped

1 or 2 tsp dijon or your favourite mustard

1 dash lemon juice

a little pepper, fresh ground is better

a little salt

1 hand fresh bread crumbs

1 egg lightly whisked

1 quarter chicken stock block dissolved in a quarter cup water

For the Rolls:

4 rolls

sliced tomato

thinly sliced onion

lettuce

a few slices of gherkin

mayonnaise

Mix all the patty ingredients thoroughly, leaving the salt for after the patties are cooked if you prefer. [\(How to season meat\)](#)

Make sure the mixture is cool. Divide mixture into 4 equal balls and mold into patties. [\(How to mold patties\)](#)

Cook on low heat under the grill, on the barbecue or in a pan [\(how to regulate cooking temperature\)](#) until cooked through or the internal temp reaches 175F/80C [\(when is my patty cooked?\)](#).

Split the rolls and toast the cut surfaces lightly (under grill, on barbecue or in pan) just before the patties are done. Spread mayonnaise on the bottom halves, add a thin slice of onion, some lettuce, a slice of tomato and a little sliced gherkin. Top it off with a little mayo, the patty and the top half of the roll.

Bon Appetit!

