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Tropical Hamburger

The pineapple and cheese are inside this Tropical Hamburger. 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 [\(how to grind your own meat\)](#)
2 pineapple rings drained and crushed
1/2 handful grated cheese(equivalent to 4 slices)
A dash of teriyaki or soy sauce(about 2 tablespoons)
a little pepper, fresh ground is better
1 hand fresh bread crumbs
1 egg lightly beaten
1 quarter beef stock block dissolved in a quarter cup water

For the Rolls:

4 rolls
sliced tomato
thinly sliced onion
lettuce
mayonnaise

Mix all the patty ingredients thoroughly [\(how to season meat\)](#).
Make sure the mixture is cool. Divide mixture into 4 equal balls and mold into patties [\(how to mold patties\)](#).

Cook on 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. Spread mayonnaise on the bottom halves, add a thin slice of onion, some lettuce, a slice of tomato, the patty and the other half of the roll.

Bon Appetit!