

Cooking our way out of the Lockdown Blues

Welcome to our 6th edition of Hints, Tips and Recipes!

As we come closer to the summer and restrictions are gradually lifted our thoughts turn to home BBQ's. Our delicious Barbeque Turkey Burger recipe is perfect for those occasions, easy to make and super tasty.

We also have a fantastic 'Cook along' YouTube video with Ruby for the amazing Shortbread recipe below. Click on the [link](#) at the bottom of the recipe.

Barbeque Turkey Burger - serves 4

Always check labels of each ingredient for allergen information.

Turkey Burgers

Ingredients

- 250g Turkey mince
- 1 Egg - beaten
- 1 Slice of brown bread - made into breadcrumbs
- 1 Carrot, medium size - grated
- 1 Onion, small - finely chopped
- 1 Teaspoon Garlic, minced or crushed
- Pinch of Salt & Pepper



Barbeque Glaze

Ingredients

- 1 teaspoon Cayenne pepper
- 1 teaspoon Paprika
- 1 tablespoon Soft Brown Sugar
- 1 teaspoon Mustard Powder
- 40g Tomato Ketchup
- 5ml Soy Sauce

Method

1. To make the turkey burger combine all the burger ingredients and bind together with the egg.
2. Divide the mixture into 4 equal portions.
3. Use your hands to make each portion into $\frac{1}{4}$ inch thick burger rounds.
4. Rest the burgers in the fridge for 30 minutes.
5. To make the BBQ seasoning, mix all the ingredients together in a pan and simmer for 5 minutes.
6. Put the burgers onto a tray lined with greaseproof paper and brush with the glaze.
7. Place in a preheated oven at 180°C and cook for 15 to 20 minutes or in a non-stick frying pan for 7 minutes on each side. You can finish off the burgers on the BBQ.
8. Serve in a burger bun with salad

Hints & Tips

- Try a brioche bun for a tasty change.
- A large cooked Portobello mushroom can be used as a healthier alternative to a bun.

Homemade Shortbread - makes 10 portions

Always check labels of each ingredient for allergen information.

Ingredients

- 75g Caster sugar
- 150g Margarine
- 150g Plain flour
- 75g Cornflour
- Serve with a selection of soft fruit (optional)



Method

1. Cream the sugar and margarine together until light and fluffy.
2. Add the flour and cornflour and mix until mixture becomes an easy to work dough.
3. Place on a lightly floured work top and using a rolling pin roll the dough out until it is $\frac{1}{4}$ inch thick.
4. Cut with a circular cutter (we used a 4 inch cutter), place the biscuits on a greaseproof lined baking tray.
5. Place the tray into a preheated 190°C degree oven and bake for 20 minutes until the shortbread is light golden brown.
6. Remove from oven, place on cooling tray and dust lightly with caster sugar to serve.

Click this [link](#) to view 'How to make our Shortbread' with Ruby, one of our Catering Team.