

# Burgers

You can put whatever you like in your burger! These are the ingredients we need to prepare for this session.



## Ingredients

Rolls  
Lettuce  
Tomato  
Sauces and condiments- tomato sauce, mayonnaise etc.  
(Other burger additions- avocado, pickles, cheese, tin beetroot etc)

Caramelised Onion

### Basic recipe

- 2 tbsp olive oil
- 3 large onions (red or white), sliced
- pinch of salt
- 2 tbsp soft brown sugar
- 1-2 tbsp balsamic vinegar

## Equipment

Trays  
Knives  
Chopping boards  
Fry pan  
Wooden spoon

## Instructions

- Wash lettuce and shred or tear into bun sized pieces.
- Cut the buns in half
- Slice the tomato
- Caramelize the onions

### STEP 1

Heat the oil in a large deep frying pan over a low heat.

### STEP 2

Add the onions with a generous pinch of salt and cook slowly for 30-40 mins. Stir occasionally until they become soft and golden. If the onions start to catch, add a splash of water, and stir.

### STEP 3

Add the sugar and vinegar to give them a sweet, slightly sharp chutney flavour. Keep cooking on a low heat for another 5 mins.

Place all ingredients on the bench along with the condiments for people to assemble their burger

