



March 2010

## Free Recipe of the Month

### No Fry Homemade Burgers & Chips



#### Ingredients for burgers:

450 g lean steak mince  
1 onion  
50g bread crumbs  
1 dessertspoon chutney  
1 teaspoon mustard  
1 egg  
Freshly ground pepper  
110g Smoked streaky bacon very finely chopped (rind removed)  
Burger buns, salads and sauces of your choice!

Makes 6 x 4oz Burgers

#### A note from Cleansheets:

If you plan to cook your burgers immediately after making them, start by preparing the chips and putting them in the oven. Otherwise start with the burgers. Allow the onion to cool before adding to the mince mixture and put the shaped burgers in the fridge. Raw burgers can be frozen and thaw quite quickly so are a really handy stand by.

You will need a couple of baking trays for the chips if there are more than two of you.

#### Method:

1. Finely chop the onion and fry in a little slowly until translucent but not brown. If you will not be cooking the burgers immediately allow the onion to cool before proceeding.
2. Remove your rings, wash your hands and mix the cooked onions, mince, breadcrumbs, chutney, mustard, egg, bacon and seasoning together in a large bowl. Preheat the grill.
3. Wet your hands and smooth the mince into 6 evenly sized burgers, it's easier to get them flat and even if you have a burger press (see over page).
4. Put the burgers under the grill, grills vary but I find about 5-7 minutes a side cooks them through.

#### Push Burgers:

- Put a slice of tomato and mozzarella cheese on top of each burger, when the cheese is melted serve immediately.
- Make a dent in a raw burger with your thumb and put in a small piece of mozzarella or blue cheese inside, smooth the mince around the piece of cheese carefully and cook as normal.
- Serve with onion gravy and mash for a change from burger buns and chips.

#### Ingredients for Chips:

This isn't so easy to quantify but allow more potatoes per person than you normally would, everyone loves chips!

Olive oil

#### Method:

Preheat the oven to 220°C

Wash and peel the potatoes cut them into chips, I like them about 1cm thick other wise they take too long to cook. A lever arm chipper is ideal for this job, making uniform chips much quicker than using a knife. Rinse the chips in a large bowl of cold water, then drain and dry them as thoroughly as you can using a clean tea towel.

In a bowl pour over enough olive oil to coat the chips very lightly. Then grease each baking tray with some olive oil using kitchen paper or a pastry brush. Scatter the chips evenly and in a single layer on the baking tray, they won't become crispy if they are crowded! Pop in the oven for 25/30 minutes.

Swish the chips around half way through the cooking time.

Please turn over for lots more useful information



Everything you need in the kitchen and more...  
27 Lower Castle Street  
Tralee, Co Kerry  
066 7119958

Chopping onions is time consuming and ruins my mascara so dice them quickly without tears using the Alligator onion cutter—I am converted!

A potato chipper makes uniform chips quickly and easily—it'll cut out frozen chips from your shopping list forever

A burger press is an inexpensive gadget, which helps to make burgers evenly sized and shaped making them easier to cook—bar-b-q season is around the corner!

I have 2 large light stainless steel mixing bowls and I use both when I am making burgers and chips, they are easy to clean easy to store & the kids can use them for baking and play dough without any fear of breaking them, check out the range of sizes in Utensils.

The monthly Utensils Cake decorating courses are proving very popular & are booked out until May—details are on [www.utensils.ie](http://www.utensils.ie)

**Horan's**  
Fruit and Vegetables  
&  
Health Food Stores



Manor  
Rock Street  
Horan Centre  
Russell Street  
066 7123070

If you are concerned about the chemicals you use in your home and their impact check out



the range of environmentally friendly alternatives in Horan's Healthfood stores. **Ecover cleaning products and Lilly's** (made in West Cork) offer great value alternatives with a "cleaner" conscience!

Try something new: **Butternut Squash**. Cut the squash in half lengthways, scoop out the seeds, lie the squash cut side up on a baking tray & roast in the oven at 180°C for 40-50 mins until soft. Scoop the squash out of the skin and mix with some fried onion, bacon



(see below) & grated cheese. Season well, put mixture back into skins and return to the oven for 10 mins, for a warming and simple supper.



Manor, Tralee,  
Co Kerry  
066 7126225  
[www.sulmeat.com](http://www.sulmeat.com)

Smoked Streaky bacon finely chopped and fried makes a great addition to a variety of soups including potato soup, bolognese sauce, burgers, pasta sauces, macaroni cheese, and as a pizza topping, fry some up until it's crispy & then add whisked eggs to scramble—a one pot breakfast!

### Bargains of the Week for March

From Monday 1st March  
Sausages—Half Price  
€1.65 per lb  
Lean Rib Beef Mince  
99c per lb

From Monday 8th March  
Fresh Irish Pork Steak  
Half Price  
€2.75 per lb

From Monday 15th March  
Southern Fried Chicken Breasts  
99c each  
Lean Rib Beef Mince  
99c per lb

From Monday 22nd March  
Irish Back Bacon  
Half Price  
€1.99 per lb

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[www.cleansheets.ie](http://www.cleansheets.ie)

Cleansheets has suffered from writers block in February (that's what I think it is !) so the website has been quiet.

I have been doing lots of bits and pieces and taking photos so I am turning over a new leaf and there is lots of material ready to go online for March.

I hope you enjoy it.

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