

ROOSTERKOEK BEEF BURGERS

Beef patties

In a mixing bowl, mix all the ingredients except the ground beef. Add beef and mix until well incorporated. Shape the mixture into 5 balls and shape the balls into patties. Stack patties with sheets of greaseproof paper separating them, and place in the fridge for a few hours or overnight to firm up. Grill patties for 4 to 5 minutes on each side for medium, or to your liking. Serve on buttered roosterkoek with sweet balsamic onion relish. Create your burger to your liking; we added some cheddar cheese, crispy bacon and onion relish.

50 g light brown sugar
5 ml chilli powder (or cayenne pepper)
10 ml salt
5 ml freshly ground black pepper
1 onion, finely diced
15 ml garlic paste
20 ml Worcestershire sauce
10 ml tomato sauce
1 egg, lightly beaten
75 g breadcrumbs (or panko crumbs)
10 ml dried parsley
1 kg ground beef

Roosterkoek

Place flour, salt, sugar and yeast in a big glass or stainless-steel bowl. Mix water and olive oil. While you mix the flour with one hand, pour in a thin stream of the water-and-oil mixture and keep mixing until you have a workable dough, not too dry and not too wet.

Add a little more water if necessary. Knead the dough for about 5 minutes and return to the bowl, cover with a damp tea towel and allow to prove in a warm place. Once the dough has doubled in size, knead it down and divide into 15 to 20 even-sized balls.

Light a braai fire and prepare medium coals. Place dough balls on the braai grid, flatten them slightly, and cook on one side until you can see grid marks before turning them over and cooking the other side, 15 to 20 minutes in total. The roosterkoek are done when they are crisp on the outside and sound hollow when tapped.

800 g cake wheat flour
5 ml salt
5 ml sugar
10 ml instant yeast
500 ml lukewarm water
30 ml olive oil

Sweet balsamic onion relish

Combine oil and onion in a pan over medium heat and cook for 15 to 20 minutes or until the onion is soft. Add sugar and balsamic vinegar. Cook over medium to low heat for about 45 minutes or until the balsamic vinegar is reduced. Strain the onion (discard vinegar) and bottle. Store for up to 1 week in the fridge.

15 ml olive oil
4 red onions, sliced
60 g sugar (or to taste)
125 ml balsamic vinegar

Serves 5

