

CREAMY MOROGO NAKED BURGER

Prep time: 2-2.5 hours

Cook time: 1 hour

Serves 4 people



INGREDIENTS

FOR BUNS

60ml milk

250g of all-purpose flour

1 teaspoon salt

2 tablespoons sugar

2 teaspoons active dry yeast

120ml of milk

2 tablespoons soft butter

Lukewarm water

1 tablespoon oil

FOR PATTIES

600g beef mince

1 onion, chopped

Salt and pepper

FOR MOROGO SAUCE

2 bunches of morogo

100ml milk

2 tablespoons flour

1 tablespoon butter

1 onion, chopped

Salt and pepper

INSTRUCTIONS

BUNS (OPTIONAL, IF YOU PREFER YOUR BURGER IN A BUN)

1. Combine the warm water, milk, active yeast and sugar in a bowl. Mix and let rest for 20-30 minutes until the yeast is activated (starts to pop and froth).
2. Add the salt and the flour to a bowl. Then add the yeast mixture.
3. Mix until the dough forms and pulls away from the side of the bowl.
4. Place the dough on a lightly floured surface and knead. Slowly add the oil to the dough and mix it in by kneading. Continue kneading for about 5 minutes until soft.
5. Add the dough to a bowl and brush with oil. Cover and let dough rest in a warm place for about an hour for it to double in size.
6. Place the dough on a floured surface and divide into 4 equal portions. Shape these into buns.
7. Rub the inside of a cast-iron bread pot with butter or olive oil and transfer the dough into the pot. Put the lid on the pot, but inside out. Let rest for 30 minutes. Brush some milk onto the top of the buns.
8. Place some hot coals on the upturned lid, to ensure the bread bakes from the top as well. Bake over medium coals for about 20 minutes. Ensure your pot is positioned high enough over the coals so that the bread bakes slowly and does not scorch.
9. If you are using your oven or gas braai, preheat to 180°C, then bake for about 20 minutes.
10. Remove buns and brush some melted butter on top. Let them cool on a wire rack.

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INSTRUCTIONS

PATTIES

1. Combine the mince, chopped onions, salt and pepper in a bowl.
2. Divide the mince into 150g for 1 patty. You should have 4 equal sizes. Shape into balls then press to make a patty.
3. Brush with a bit of oil and add to the braai. Cook each side for about 5 minutes depending on how well you want it done.

MOROGO SAUCE

1. Wash and roughly chop the morogo leaves.
2. Place the leaves in a bowl and add boiling water to gently soften them for 5 minutes.
3. Remove from hot water and add to an ice bath.
4. Add the butter and chopped onions to a pan. Sauté until onions soften.
5. Add the flour and stir to create the roux.
6. Add the milk and stir or whisk until the sauce thickens.
7. Add the morogo and seasoning.
8. Continue stirring until the sauce achieves your desired consistency, then remove from the heat.