

JAN BRAAI'S HAND CHOPPED BURGER



Suitable for the people who enjoy trying new things

Hand chopped burger - means exactly that. Time to get your cleaver and chop up your meat - 50% hindquarter meat which is your sirloin or rump and 50% forequarter which includes rib-eye, prime rib, chuck or brisket. Jan braai explains that the meat has to be cold for the best mincing.



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Prep time: 30 Minutes
Cook time: 10 Minutes
Total Time: 40 Minutes
Serves 2 - 4 People

INGREDIENTS

500 g sirloin and/or rump steak
500 g rib-eye, prime rib, chuck and/or brisket steak
Salt and pepper
Jan Braai Original Basting sauce
4 hamburger rolls
Lettuce
Tomato, sliced
Onions, sliced
1 cup grated cheese

INSTRUCTIONS:

1. Remove the steaks from their packaging, rinse under cold water and pat dry with a kitchen towel. Now debone any steaks that still have bones, and discard the bones. Cut the steaks into fairly small cubes or strips, put in a bowl and place in your freezer for an hour or two to cool down.
2. Wash your hands, get your biggest plastic chopping board at the ready and sharpen your cleaver or the biggest and heaviest chef's knife you own.
3. Put the plastic chopping board on a very steady surface. Outside in the shade works well as bits of meat will fly off in strange directions, but a steady surface trumps outside and shade. Also put on that apron someone gave you as a present and you never knew what to do with.
4. Place half of the meat cubes or strips on the chopping board and start chopping away. The nice thing is, you will get better as you go along and there is a lot of meat to practice on. You need to generate some real power to cleave through the meat, so don't be shy to hit hard. Some pieces of meat will try and escape the action, so pause now and again to bring them back to the herd. Once you're happy with the consistency of the meat, go on to the next batch.
5. When you have all your hand-chopped mince ready, shape it into 4 100% pure beef hand-chopped burger patties.
6. Carefully lay the patties down on an open grid over very hot coals and braai for 8 minutes in total, only turning them once. During the braai you can put salt and pepper on both sides of the patties.
7. Just before you take the patties off the fire, baste the one side with Jan Braai original basting sauce.
8. During the final few minutes of the braai, cut and butter the rolls, and toast the insides over the coals.
9. Build the burger starting with the lettuce, then the tomato, onion, patty, cheese and the top roll.

MEGAMASTER RECIPE TIPS



TIP 01

Change it up with a lovely mushroom sauce.



TIP 02

When serving, add caramelised onions as a topping on your burger for extra flavour.



TIP 03

For the best flavour, serve with a homemade sweet honey mustard.