



Recipe Category / Meats

Lamb burgers

30'
Hands on

90''
Hands off

40'
Cook Time

8-10
Portion(s)

2
Difficulty



Method

For the burger buns

- In a mixer's bowl add the milk, the yeast, the sugar, and mix with a hand whisk.
- Add the eggs, the flour, and salt. Ideally, cover with a tea towel and allow 15-20 minutes for the yeast to be activated.
- Beat with the hook attachment at high speed, for 6-8 minutes, until there is a dough.
- Add the butter into pieces and beat at low speed until it is incorporated.
- Transfer to a bowl, cover with plastic wrap, and let it double in volume.
- **Cut** into 10 pieces. Knead each one into a round dough piece and transfer to a **baking pan** lined with parchment paper. With a toothpick, make a hole in the center and cover with a tea towel. Let them rise.
- Preheat the oven to 190° C (370° F) set to fan.
- As soon as the dough pieces rise, make -again- a hole in the center with the toothpick.
- Brush them with the egg wash and bake each baking pan for 10 minutes.

For the burgers

- Place a **frying pan** over high heat.
- In a bowl add the ground lamb, the olive oil, the cumin, salt, pepper, and mix very well. Shape 6-8 burgers and transfer them to the hot pan in two batches.
- Press with a spatula and cook them for 2-3 minutes on each side. As soon as you flip them over, add 2 slices of cheddar cheese onto each burger.

To assemble

- Cut the burger buns in half, divide the burgers, the sauce, and serve.

Ingredients

For the burger buns

- 125 g milk, lukewarm
- 25 g yeast
- 80 g granulated sugar
- 3 eggs, medium
- 500 g hard flour
- 15 g salt
- 125 g butter, at room temperature
- 1 egg yolk, diluted with 1 tablespoon water

For the burgers

- 1 kilo ground lamb
- 1 tablespoon(s) olive oil
- 1 level tablespoon(s) cumin
- salt
- pepper
- 16 slices cheddar

To assemble

- [Greek tzatziki sauce](#)

Διατροφικός πίνακας

Nutrition information per portion

723 Calories (kcal)	43.0 Total Fat (g)	22.0 Saturated Fat (g)	46.0 Total Carbs (g)
36%	61%	110%	18%
9.6 Sugars (g)	38.0 Protein (g)	2.3 Fibre (g)	3.5 Sodium (g)
11%	76%	9%	58%