



TAKE A TIP TODAY

Buying mince – how to choose

MINCE is extremely easy and it is also an economical cut, although not as much as it used to be. When buying any mince, always check the sell by date on the package. It must have been just packed, the same day. Don't even bother with yesterday's mince. You want to be absolutely sure, and not sorry, especially when it comes to feeding your family.

Colour:

Chicken mince must be a light pink colour, with no dull discoloured or gray patches. Both beef and lamb mince should be a nice bright red, with lamb just a shade lighter.

Texture:

Chicken mince is made from mostly breast cuts, which is a white meat. To add more texture to the burger, I added a chicken leg, a dark meat, to give the patty more bite. For both beef and lamb, I would recommend a rough mince. That would give you more bite than a fine mince would. If you were buying it from the neighbourhood markets, ask your butcher to just run it once through the grinder.

Colour:

Flavour your mince to suit your family's palate. Chicken should be lightly seasoned, but lamb and beef can take on more robust flavourings like black pepper, chopped celery or coriander, or even fennel, which combines the crunch of onions with the fragrance of coriander.

Better burgers

Whether it be chicken, lamb or beef, home-made is best

BURGERS have always been a universal favourite with kids, all ages. There is something about a patty of mince that brings out the holiday mood in all of us, together with the ice-creams and milk shakes.

Hamburgers are easy to put together and can be more than a greasy cake of meat if you take care to use the best mince, serve it with a good sauce and a green salad. And don't overcook your meat. They should be still very juicy.

MAGGI Seasoning is an excellent flavouring for mince. Its layers of savoury and sweet flavours enhance the mince, whether it is chicken, beef or lamb.

Add it to the meat before you shape your burger, and splash it on again when you are assembling the bun and patty.

I have since also discovered MAGGI Extra Hot Chilli Sauce, which is not as sweet but twice as fiery as the normal chilli sauce. For today's burgers, I've used MAGGI Extra Hot Chilli Sauce to flavour the lamb patties to get rid of any gamey smell the mince may harbour.

I've drizzled it quite generously over the tomato salad that I paired the chicken burgers with. Believe me, it made an immediate difference.

A healthy burger meal must include a decent serving of greens. If you have a brood at home who shy away from their fibre quota, try dressing it up with fruits as well.

A bunch of grapes and orange or grapefruit segments will do just as well.

Tomatoes are a good source of vitamins and beta carotene and the little bite-sized cherry tomatoes come in affordable punnets.

Plan your meals well for healthy eating!



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Chicken Burgers

Ingredients (serves four):
2 tps MAGGI Seasoning
400 gm chicken mince
1 chicken thigh fillet, cubed
50 gm corn kernels
1 tbsp corn flour
Salt and pepper to taste
4 multi-grain rolls

Method:

1. Mix all ingredients together and stir till mixture binds.
2. Lightly flour hands and shape patties. Fry in lightly oiled pan till golden, five minutes each side.
3. Serve on buttered rolls. Top with MAGGI Extra Hot Chilli Sauce to taste.
(Preparation time: 20 minutes. Serve with orange or grapefruit segments.)



Lamb or Beef Burgers

Ingredients (serves four):
2 tps MAGGI Seasoning
300 gm lamb or topside mince
1 brown onion, finely chopped
1 egg white
1 tbsp MAGGI Extra Hot Chilli Sauce
4 multi-grain rolls

Method:

1. Mix all ingredients together and stir till mixture binds.
2. Lightly flour hands and shape patties. Fry in lightly oiled pan till golden, five minutes each side.
3. Serve on buttered rolls. Top with MAGGI Extra Hot Chilli Sauce to taste and mayonnaise.
(Preparation time: 20 minutes. Serve with raw onion rings and salad.)

Grocery List/Price Guide:

MAGGI Seasoning (\$2.95/200ml)
MAGGI Extra Hot Chilli Sauce (\$1.60/320g)
400 gm chicken mince (\$3.00)
1 chicken thigh fillet, (\$1.00)
50 gm corn kernels (\$0.50)
Multi-grain rolls (2 X \$2.50/5)
Total estimated cost: \$14.05

