



RECIPE OF THE WEEK: 16/09/2020

**BIFTEKIA
(BEEF BURGERS GREEK STYLE)**

Serves 4

Ingredients

500g beef minced or lamb and beef minced
2 medium onions grated
50g breadcrumbs
1tbsp fine semolina
1 organic or free-range egg, lightly beaten
1tbsp olive oil
1 small ripe tomato, grated
½ tsp baking soda
¼ tsp nutmeg, freshly grated
2 tsp dried oregano
2tbsp flat-leaf parsley plus extra to garnish, finely chopped
4tbsp olive oil for frying
sea salt and freshly ground black pepper
wedges of 1 lemon to serve

Method

1. Place the meat in a large bowl and add all ingredients except the olive oil. Mix together preferably using your hands wetting them with water every now and then to handle the mixture better. If you like, wet your hands with beer; the mixture will end up lighter and fluffier. The addition of baking soda will also make it fluffier. Cover the bowl and place in the refrigerator for at least 2 hours to firm up the mixture.
2. Shape the mixture into 8 round flat biftekia in 2cm thickness.
3. On a medium heat, heat the oil in a large heavy frying pan and when hot but not smoking add half of the biftekia and fry for 3-4 minutes on each side until they are cooked through and golden brown. Repeat with the other half.
4. Lift out with a slotted spatula and drain on kitchen paper to get rid of the excess oil. Alternatively cook on charcoal or under a grill, 10cm apart for the same amount of time.
5. Sprinkle with chopped parsley and serve with lemon wedges.
They go well with dips such as melitzanoslata, tzatziki or taramasalata.