

Burgers Cooked In Cabbage Leaves

Ingredients

- 4 eggs
- 4 teaspoons mustard
- 4 teaspoons Worcestershire sauce
- 4 onions
- 3 cloves of garlic
- 1 teaspoon salt
- 2kg mince

Method

1. Whisk egg in a bowl
2. Add mustard, Worcestershire sauce, onions, garlic & salt
3. Add mince
4. Using hands, gently mix together
5. Handle the meat as little as possible – the more you work it, the tougher it gets.
6. Divide the meat into half, then half again until you have 20 burgers
7. Gently shape (don't firmly press) mixture into burgers about $\frac{3}{4}$ inch thick using your hands
8. Put 3 cabbages leaves below and 3 cabbage leaves on top of the burgers
9. Place in the embers