

We were gifted some very good Gluten free Burger Buns by a friend. We also had half an uncooked Chicken in the fridge and some outstanding Snowdonia Black Bomber Cheese which was part of Sue?s birthday present from her daughter. This was the result!

Chicken Burger Ingredients:-

The meat from a Chicken breast and thigh
4 slices of Gluten free Bread, smashed up into Bread crumbs
1 Egg for an Egg wash
Milk to soak the Chicken in
Garlic Salt
Onion Salt
Chilli Flakes
Mixed Herbs
Paprika
Five Spice
Salt & Pepper

The Herbs and Spices are entirely up to you.

Method:-

(1) If you are using a half Chicken as we did, cut the breast meat off the bone and de-bone the thigh.
(2) Cut the breast meat horizontally into scallops and flatten the thigh meat out. Batter with a rolling pin if they look a bit thick to fit in buns.
(3) Soak the meat in Milk in the fridge for an hour or so to tenderise it.

(4) Beat the Egg.
(5) Mix your chosen Herbs and Spices into the Breadcrumbs.
(6) Egg wash each Chicken Burger and then dredge in the Breadcrumb mix.
(7) Foil a tray and place in a pre-heated over at 180c.
(8) Lay the burgers on the tray making sure they don?t touch each-other and stick together.
(9) Roast at 180c for about 30 minutes until the meat is cooked through and the coating begins to brown.
(10) Place each burger under the grill with a generous slice of Cheese on top and grill until the Cheese melts.
(11) Assemble your burgers.

We lightly toasted our buns. Added a layer of Garlic, Lemon and Wholegrain Mustard Mayonnaise. Followed by a Salad. Burger next, followed by sliced Pickles.

We served ours with home made Onion Rings and hand cut Chips.