

It?s a Swedish Beef Burger with serious attitude.

Ingredients:-

400g of Minced Beef

2 Egg Yolks

½ An Onion, finely diced

1 medium Potato, par-boiled, cooled and cut into small cubes

2 Tbsp of Capers, chopped

2 Tbsp of the pickling juice from the Pickled Beetroot

70g of Pickled Beetroot, finely diced

Oil to fry

Salt & Pepper to season

Method:-

(1) Add the Beef, Egg, Potato, Beetroot, Beetroot Juice, Capers in a bowl and season with Salt& Pepper.

(2) Mix well.

(3) Oil a frying pan over medium heat.

(4) Fry on both sides until cooked through.

We did consider putting this in a Bun, but really? We?d not have eaten it anyway!!!!!