**Hamburgers & Fries for 2**

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| **Patty**  125 mL ground beef  ½ well beaten egg  Pinch of salt and pepper  25 mL ketchup  2 mL hot sauce  15 mL flour | **Condiments**  2 buns  Ketchup, mustard, mayonnaise  Lettuce  Tomato (1/4)  Onion (1/4)  Cheese, cut in slices for 2  Pickles |

1. For Patty: combine all ingredients in a bowl.
2. Divide into two even balls and flatten into a circle slightly large then the bun. Be careful not to over handle the meat or it will be tough. Make an indentation in the center of the patty with your thumb. This will help for even cooking.
3. In a frying pan over low-medium heat, cook patties until there is no pink remaining in the center. About 5 minutes for each side. Do NOT press down with the spatula, this will make the burger dry and tough.
4. Wash, chop and prepare all vegetables. Fry onions if desired. If desired, cheese can be melted on top of the cooked patty or on the bun.
5. Serves with fries and condiments.

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| **Fries**  1 large potato  10 mL seasoning salt  10 mL oil |

1. Preheat oven to 375 F. Grease well a cookie sheet.
2. Scrub potato and clean off blemishes. Cut into wedges, thick coins or 3 cm cubes.
3. Place into a bowl, add oil and seasoning salt. Toss to coat.
4. Place on cookie sheet, one layer thick and cook for 45 minutes, turning potatoes over after 20 minutes. A fork should easily pass through the cooked potato.