

# Meat Patties

Makes around 34 meat patties – not 5 weeks worth

## INGREDIENTS

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- Salt (as desired)
- Ground cinammon (as desired)
- Dried oregano
- Olive oil
- 1 small zucchini
- 1 carrot
- 1 small onion (white)
- 1 bunch of fresh parsley
- 1 tomato
- 2 garlic cloves
- 1 tsp of baking powder
- 1 cup of bread crumbs
- 1 tsp of lemon juice
- 1 tsp of lemon rind
- 2 eggs
- 1.5 kilos fresh minced beef
- 1 small chopped up piece of ginger

## METHOD:

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- Grate the carrot, zucchini and ginger. Finely chop the garlic, onion, tomato, parsley and oregano.
- In a stainless steel bowl, create a hollow in the mince, adding the carrot, zucchini, ginger, onion, garlic, parsley, tomato, salt and oregano.
- Dissolve the baking powder in the lemon juice, until it becomes all bubbly.
- Begin combining the ingredients with the mince by kneading with your hands.
- Add the remaining ingredients: bread crumbs, eggs, rind, dissolved baking powder, salt, olive oil, cinammon.
- Continue to combine all the ingredients until the mince no longer sticks to the side of the bowl.
- Keep checking the consistency of the mince. It should be smooth and all ingredients should be well combined. If the mince feels dry, keep adding olive oil, if the mince feels a little runny, keep adding bread crumbs until it is a nice smooth consistency (and no longer sticks to the side of the bowl).
- Allow 10 minutes resting time, then begin shaping the mince into patties, freeze, or cook as desired.

