



coeliac uk
live well **gluten free**

Perfect for
Father's Day

Sunday
20 June

**BUILD YOUR OWN
GLUTEN FREE BURGER**

in partnership with **Panasonic**

BUILD YOUR OWN GLUTEN FREE BURGER

Preparation time: 60 minutes (buns), 35 minutes (burgers)

Cooking time: 12 minutes (buns), 8 minutes (burgers)

Portions: 4 (with 2 buns leftover)

Create delicious gluten free brioche burger buns with help from Panasonic's gluten free breadmakers. Find out more by visiting their [online store](#).

Don't forget to share photos of your tasty gluten free burgers with us on Facebook, Twitter and Instagram, using **#gfFathersDay**, or email your photos to us at youngchampions@coeliac.org.uk.

Ingredients

Gluten free brioche buns

400g gluten free bread flour*
12g granulated yeast*
1 tsp salt
2 tsp xanthan gum
180ml milk
125g honey
2 eggs
100ml vegetable oil
1 tbsp sesame seeds for sprinkling (optional)

Beef burgers

450g lean minced beef
1 egg
salt and pepper (optional)

Optional toppings

slices of cheese
bacon, cooked until crispy
lettuce, shredded
tomato, sliced
BBQ sauce*

*Please check our online Food and Drink Information for suitable products

Nutritional information (for one brioche bun and beef burger):

PER SERVING: • Calories: 939.4 kcal • Protein: 54.6g • Carbohydrate: 95.4g
• Sugars: 34.4g • Fat: 38.0g • Fibre: 5.2g

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Method: Gluten free brioche buns

1. Place all of the ingredients apart from the sesame seeds into your bread pan.
2. Select setting 17 and press "on".
3. When you hear a beep, scrape off the flour as per the machine instructions. Close the lid and restart. Once finished, take the dough out of the bread pan.
4. Use wet hands to shape the dough into six evenly shaped burger buns. Sprinkle each one with sesame seeds.
5. Allow the dough to rise, at room temperature, for 30-40 minutes.
6. Bake in the oven for about 12 minutes. The rolls are done once they are caramel brown and firm to the touch.
7. Allow the buns to cool on a rack and enjoy!

Note: The dough doesn't stretch as traditional dough might do because there's no gluten in it. Gently press it into shape. You might need to wet your hands to keep the dough from sticking and to create a smooth surface, but avoid making the dough soggy.

Don't have a Panasonic bread maker?

1. Heat the milk then stir in the yeast and leave for a few minutes.
2. Mix together the flour, salt and xanthan gum in a large bowl.
3. Add the honey, eggs, and oil to the milk and yeast mixture, and whisk.
4. Gradually mix the liquid mix into the dry ingredients until all the ingredients are combined and it looks like a smooth dough. Then pick up from step 4 of the above recipe.

Method: Beef burgers

1. Mix the minced beef and the egg thoroughly in a large bowl. Divide the mixture into four and shape into burgers. Leave to rest for 30 minutes in the fridge.
2. Heat oil in a frying pan for around four minutes each side, until cooked thoroughly, turning occasionally.
3. Serve in your gluten free brioche bun with your choice of toppings.

Vegetarian/vegan? Swap the beef burger for our falafel burger recipe, by visiting www.coeliac.org.uk/falafel-burger.