

Italian style beef and garlic barbecue patties.

Ingredients.

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| Beef chuck | 2.25kg |
| Breadcrumbs | 360gr |
| Parmesan cheese | 200gr |
| Garlic fresh 10 large cloves | 50gr |
| Whole eggs | 3 |
| Salt | 16gr |
| Chopped parsley | 10gr |
| Black pepper | 2gr |

Ask your butcher to grind the beef for you or buy lower grade beef mince (You need a little fat) You can use grated croutons as the breadcrumbs.

Place the ground meat into a large mixing bowl add the salt, pepper eggs and cheese

mix together with your hands thoroughly crush the garlic and add it to the mix with the breadcrumbs. Finally add the chopped parsley. Now give it another thorough mixing and put into your fridge and allow to cool for a couple of hours at least,

Form the meat into rough cylindrical shapes about three inches in diameter 2.5.cm wrap in cling film and put back in the fridge overnight. Remove from fridge and unwrap. Slice them into patties whatever thickness you like and either wrap and freeze or put into a dish ready for your barbecue. They are also delicious as breakfast patties