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# The Student Cookbook

I have created this blog for students who are out there living on their own, away from those home-cooked ready to eat meals! I, being a student, have been on my own cooking for myself for over 3 years now. Apart from the odd trip back home, or the many "care packages" I have been cooking my own meals, no meal plan, just my local grocery store. I have developed a number of recipes and have been handed down many others that have got me through the years, and they have even been quite healthy if I do say so myself.

Wednesday, 24 October 2012

## Doritos Burgers!

I heard about this recipe while I was working with Frito Lay delivering potato chips for one of my school work-terms. I thought it was a great simple idea that adds a great flavour to any burger. You can use any kind of Dorito chip flavour for this recipe, I recommend Nacho Cheese (for a subtle flavour), or Jalapeno Cheddar (for a nice kick).

You will need:

1 lb of ground beef  
 1 cup of Doritos ground to crumbs  
 1 egg

Optional:

1 tsp Worcestershire sauce (extra spice)  
 Grated cheese (for middle of burgers)

First in a large bowl combine ground beef, Doritos crumbs, and beaten egg. Using your hands or a mixer mix all ingredients together so egg covers all beef and crumbs are disbursed throughout the mixture. Also, make sure that your ground beef is sticking together when packed, otherwise your burgers may fall apart, to counter this add more crumbs.

At this point you would add your Worcestershire sauce and continue to mix.

Next, you will be making the actual burgers. These can vary in size based on your preference. I typically make mine about one inch thick, as I like to add cheese to the middle (Instructions below).

To add cheese to the middle, I use a round dish (about 4 inches diameter) lined with waxed paper, and pack in about a half inch of beef into the bottom. I then add cheese to the middle of the burger, then continue to add an additional half inch of beef to the top of the burger (kind of making it look like a cheese sandwich. Be sure to concentrate the cheese to the middle of the burger so that you have beef on either side to connect the two halves. Remove burger and repeat, you will find the waxed paper makes it easy to remove the burger from the container.

You then have your burgers ready to cook. Typically I cook on the barbeque and allow 10 minutes on medium-high heat per side.

Enjoy!

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### About Me

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