



JAPANESE

Hambāgu (Japanese Hamburg Steak)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	25 min	20 min	Pan-fry	Ground beef

Ingredients

PATTIES

- 500 g (1 lb) ground beef, 80/20 (or half beef, half pork)
- 1 small onion, finely chopped
- 1 tbsp butter
- 30 g (½ cup) panko breadcrumbs
- 3 tbsp whole milk
- 1 egg
- ¾ tsp salt
- ¼ tsp black pepper
- Pinch of nutmeg

PATTIES (CONT.)

- 1 tbsp vegetable oil
- 60 ml (¼ cup) water, for steaming

SAUCE

- 4 tbsp ketchup
- 3 tbsp Worcestershire sauce
- 1 tbsp soy sauce
- 1 tbsp mirin
- 1 tbsp butter
- 60 ml (¼ cup) water, for the sauce

Steps

1. Soften the onion in the butter in a small pan over medium heat for 5 minutes until translucent. Spread on a plate to cool.
2. Mix the panko and milk in a large bowl and let it soak for 3 minutes.
3. Add the beef, cooled onion, egg, salt, pepper and nutmeg. Knead with your hand for 2 minutes until sticky and pale.
4. Divide into 4 portions. Toss each between your palms for a few seconds to push out air, then shape into a thick oval and press a dimple in the middle.
5. Heat the oil in a large skillet over medium-high heat. Pan-fry the patties for 3 minutes without moving them, until the underside is deep brown.
6. Flip, reduce the heat to low, add the steaming water, cover, and steam for 8 minutes until firm and the juices run clear. The centre should reach 71°C (160°F).
7. Move the patties to plates. Add the ketchup, Worcestershire, soy sauce, mirin, butter and the sauce water to the pan and simmer over medium heat for 2 minutes until glossy.
8. Spoon the sauce over the patties and serve with rice and steamed vegetables.

Notes

- **Make ahead:** shape the patties a day ahead and keep them covered in the fridge.
- **Serving:** top with a fried egg for a Japanese diner favourite.
- **Sauce variation:** a splash of red wine gives it a demi-glace feel.
- **Air fryer:** preheat to 180°C (350°F). Cook the patties for 12 to 14 minutes, flipping halfway, until 71°C (160°F) inside, then make the sauce in a pan.

- **Freezer:** freeze shaped patties on a tray, then bag for up to 3 months; thaw overnight in the fridge before cooking.
- **Chef's touch:** swirl the final butter into the sauce off the heat, so it turns glossy rather than oily.