FOOD LOVER'S MARKET

THE BEST IN FRESH, GUARANTEED

FOOD LOVER'S MARKET

THE ULTIMATE CLASSIC BURGER

MARKET LIQUORS

*** PROUDLY PART OF THE *** FOOD LOVER'S MARKET FAMILY

DIAMOND'S DISCOUNT LIQUOR

Prep Time: 20 min • Cooking Time: 25 min

INGREDIENTS

Servings: 4

For the Burger Patty:
- 4 x Food Lover's hamburger rolls
- 4 x Food Lover's hamburger patties of your choice
- Lettuce
- 1 large tomato, sliced
- 250 ml (1 cup) matured yellow cheddar cheese, grated
- 1 small red onion, sliced thinly

Optional Extras:
- 250 g streaky bacon, cooked
- 1 ripe avocado, sliced

Garlic Mayo:
- 180 ml (2/3 cup) thick mayonnaise
- 1 garlic clove, minced
- 15 ml (1 Tbsp) lemon/lime zest
- Handful of Italian parsley, chopped
- Salt and black pepper, to taste

Onion Rings:
- 2 onions, cut into round slices
- 1 egg, beaten
- 60 ml (1/4 cup) canola oil
- 125 ml (1/2 cup) ice water
- 125 ml (1/2 cup) milk
- 250 ml (1 cup) flour
- 7.5 ml (1 1/2 tsp) baking powder
- 10 ml (2 tsp) paprika
- Oil for deep frying

Rosemary and Salt Fries:
- 1 kg Penny Lane Frozen Chips
- 3-4 rosemary stalks, picked and chopped
- Sea salt, to taste

METHOD

Hamburgers:
Cut the buns and toast on a griddle pan, then set aside. Cook the patties to your liking, set aside until needed.

Garlic Mayo:
Combine all ingredients and season to taste.

Onion Rings:
Preheat oil for deep frying. Combine the egg, oil, water, milk, flour, baking powder and paprika Season and mix. Dip each onion ring in the batter, gently place into the oil and fry for about 4 minutes or until golden brown and crispy.

Rosemary and Salt Fries:
Make sure the oil is still heated. Fry the chips in batches for about 8-10 minutes until golden brown and crispy. Season with chopped rosemary and sea salt once drained on a kitchen towel

To assemble:
Spread the mayo on the bottom of each bun, top with lettuce, tomato, patties, cheese and red onion. Add optional streaky bacon and avocado.

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BOBOTIE BURGER

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DIAMOND'S DISCOUNT LIQUOR

Prep Time: 30 min • Cooking Time: 40 min

INGREDIENTS

Servings: 4

For the Burger Patty:
- 500 g Food Lover's Lean Beef Mince or Ground Beef
- 1 onion, roughly grated
- 3 garlic cloves, grated
- 30 ml (2 Tbsp) curry powder
- 10 ml (2 tsp) turmeric powder
- 5 ml (1 tsp) dried mixed herbs
- 30 ml (2 Tbsp) Gooseberry Chutney
- Salt and black pepper, to taste

For the Gooseberry Chutney:
- 5 ml (1 tsp) cumin seeds
- 2.5 ml (1/2 tsp) fennel seeds
- 5 ml (1 tsp) cumin powder
- 300 g gooseberries, halved
- 1 cm fresh ginger, finely chopped
- 2 red chillies, chopped
- Pinch of chilli flakes
- 30 ml (2 Tbsp) brown sugar
- Salt and black pepper, to taste

For the Burger:
- 125 ml (½ cup) sultanas
- 125 ml (½ cup) mayo
- 4 hamburger buns
- 30 ml (2 Tbsp) butter
- 1 tomato, sliced
- ½ red onion, sliced
- 1 egg, fried
- 1 banana, sliced (optional)
- Rocket (optional)
- Salt and black pepper, to taste

METHOD

For the Bobotie Patty:
Combine all burger patty ingredients, season with salt and black pepper and mix well.

Form into four large patties or eight thinner ones if using two per burger.

Rest the patties in the fridge for about 1 hour, then fry them in a medium to hot frying pan with a dash of olive oil, 4 minutes per side or cooked to your liking.

For the Gooseberry Chutney:
Heat a saucepan on a medium heat and toast the spices for a minute or two to release their flavour.

Add the rest of the ingredients, except the brown sugar. Season to taste and cook for about 8 minutes.

Add the brown sugar and cook for another 10 minutes or until sticky and caramelised.

To Assemble:
Pour about 80 ml (1/3 cup) of boiling water over the sultanas and allow to soak for about 30 minutes. Blend and combine with the mayo. Season to taste.

Halve and butter the buns, then heat a pan on a high heat and toast them.

On the bottom bun, spread some of the sultana mayo, followed by the patty, tomato, red onion and fried egg. Top with gooseberry chutney, banana slices and rocket.

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MUSHROOM WAGYU BURGER

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Prep Time: 45 min • Cooking Time: 25 min

INGREDIENTS

Servings: 4

For the Burger Patty:
- 2 x 400 g Food Lover's Wagyu Beef Burger patties
- 60 ml (1/4 cup) cheddar cheese, grated
- 4 large brown mushrooms
- 2 medium onions, sliced
- 2 cloves garlic, grated
- 4 sprigs of fresh thyme
- Lettuce
- 1 tomato, sliced
- Salt and black pepper, to taste

For the Tzatziki:
- 1/2 cucumber, grated
- 250 ml (1 cup) double thick plain yoghurt
- 2 lemons, zested
- Handful mint, chopped

For the Sweet Potato and Carrot Crisps:
- 3 large carrots, finely julienned
- 2 large, sweet potatoes, peeled and cut into thin strips
- Oil for frying

METHOD

For the Burger:
Cook the patties on a warm braai or fry them in a frying pan. Place the grated cheese on the patties and allow to melt.

Braai or fry the mushrooms with a knob of butter until cooked. Season to taste.

Heat a frying pan with a dash of olive oil and fry the onion on a low heat for about 5 minutes. Add the garlic and thyme and fry until caramelised. Season to taste.

For the Tzatziki:
Place the grated cucumber in a cheese/muslin cloth, or alternatively, use a strainer and press all the liquid from the cucumber.

Combine with the yoghurt, lemon zest and mint. Season to taste.

For the Sweet Potato and Carrot Crisps:
Heat the oil for frying and fry the carrot and sweet potato separately until crispy and drain on a kitchen towel.

To Assemble:
Place the mushrooms on a plate and top with lettuce and a patty. Top that with the sliced tomato and another cheesy patty.

Finish with the caramelised onion and tzatziki. Serve with the carrot and sweet potato crisps.

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LAMB BURGERS WITH ROSEMARY AND MINTED TZATZIKI

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Prep Time: 20 min • Cooking Time: 25 min

INGREDIENTS

Servings: 4

For the Burger Patty:
- 4 Food Lover's Lamb Burgers with Rosemary
- 15 ml (2 Tbsp) olive oil
- 30 ml (2 Tbsp) salted butter, softened
- 4 Portuguese rolls
- 1 large English tomato, sliced
- 150 g baby salad leaves, washed

For the Rosemary Potato Fries:
- 750 g frozen potato fries
- 15 ml (1 Tbsp) Food Lover's Blended Seed & Extra Virgin Olive Oil
- 4 sprigs of rosemary
- Salt flakes

For the Caramelised Onions:
- 30 ml salted butter
- 2 brown onions, thinly sliced
- 1 clove of garlic, crushed
- 15 ml (1 Tbsp) brown sugar
- Salt and pepper, to taste

For the Cucumber & Mint Tzatziki:
- ½ English cucumber
- 125 ml (1/2 cup) Greek-style full cream yoghurt
- ½ clove of garlic, crushed
- Zest and juice of 1 lemon
- 2 sprigs of mint, chopped
- Salt and pepper, to taste

METHOD

For the Burgers:
Slice and butter the rolls. Heat a frying pan over a medium heat, toasting the buns until golden brown. Using the same pan, pour in the oil and cook the patties for 3-4 minutes per side until cooked.

Layer the buns with a dollop of tzatziki, the burger patty, tomato slice, caramelised onion and salad leaves. Serve with the potato fries.

For the Rosemary Potato Fries:
Place the frozen potato fries on your prepared baking sheet. Toss with the oil and season with sea salt and rosemary sprigs. Bake for 15-20 minutes or until cooked and crispy.

For the Caramelised Onions:
Heat the butter in a medium frying pan over a low heat. Add the sliced onions and sauté for 5 minutes, stirring occasionally. Add the garlic and sugar and sauté for 15 minutes until caramelised. Season to taste.

For the Cucumber & Mint Tzatziki:
Grate the cucumber into a mixing bowl. Squeeze out the excess liquid whilst reserving the drained cucumber. Stir in the yoghurt, garlic, lemon zest, lemon juice and chopped mint. Season to taste.

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CAPRESE BRISKET BURGER

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DIAMOND'S DISCOUNT LIQUOR

Prep Time: 30 min • Cooking Time: 30 min

INGREDIENTS

Servings: 4

For the Burger Patty:

- 4 Food Lover's Beef Brisket Burgers seasoned with salt and pepper
- 150 g Food Lover's mozzarella cheese, grated
- 4 seeded hamburger buns
- 80 ml (1/3 cup) basil pesto
- 1 large English tomato, sliced

METHOD

For the Burger:

Preheat the oven to 180°C and line a baking sheet with foil. Heat a frying pan over medium heat with a dash of olive oil.

Fry for 3 minutes per side until cooked through. Place the cooked burgers onto the prepared baking sheet and top with the grated mozzarella cheese. Set aside until needed.

Place the burger patties in the oven and set the oven to grill.

Grill the patties for about 4-5 minutes until the cheese is melted and a little bit chargrilled.

To assemble the burgers, spread the basil pesto on the bottom of all the buns, then layer with fresh slices of tomato, cheesy patties and sundried tomatoes.

Garnish the burgers with fresh basil and baby salad mix. Enjoy with a Cabernet Sauvignon.

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SPICY JALAPEÑO BURGER WITH SLAW AND RED ONION PICKLE

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Prep Time: 35 min • Cooking Time: 35 min

INGREDIENTS

Servings: 4

For the Burger Patty:
- 4 Food Lover's Spicy Jalapeño Burger Patties
- 200 g cheddar cheese slices
- 4 coney rolls
- 150 g coleslaw mix
- 60 ml (1/4 cup) French vinaigrette

For the Red Onion Pickle:
- 1 red onion, sliced
- 125 ml (1/2 cup) white wine vinegar
- 30 ml (2 Tbsp) brown sugar

METHOD

For the Burger:
Heat a frying pan over medium heat with a dash of olive oil. Fry the burger patties to your liking.

Slice the buns in halve and drizzle them with olive oil, toast them in a griddle pan until golden and toasted.

Mix the coleslaw with the French vinaigrette and top the burger buns with the coleslaw mixture followed by the burger patties, cheese and red onion pickle.

For the Red Onion Pickle:
Heat the white wine vinegar and brown sugar over a low heat and stir until the sugar has dissolved, remove from the heat and add the onions.

Allow the onions to pickle – they are usually better the next day and can keep for up to 2 weeks in the fridge in a sealed jar.

FOOD LOVER'S MARKET

BANTING BEEF BRISKET BURGER WITH MATURE CHEDDAR, BACON, AND GUACAMOLE

MARKET LIQUORS

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DIAMOND'S DISCOUNT LIQUOR

Prep Time: 30 min • Cooking Time: 30 min

INGREDIENTS

Servings: 4

For the Sweet Potato Fries:
- 2 large orange sweet potatoes, washed & peeled
- 30 ml (2 Tbsp) olive oil
- Pink salt flakes, to taste

For the Guacamole:
- 2 ripe avocados
- Zest and juice of 1 lemon
- Salt and pepper, to taste

For the Mustard Mayo:
- 125 ml (1/2 cup) CarbSmart mayonnaise
- 30 ml (2 Tbsp) wholegrain mustard
- 30 ml (2 Tbsp) Dijon mustard
- Salt and pepper, to taste

For the Burger:
- 4 Food Lover's Beef Brisket Burgers with Mature Cheddar
- 1 cauliflower head
- 10 ml (2 tsp) hot curry powder
- 150 g Food Lover's streaky bacon
- 150 g Food Lover's cheddar cheese, grated
- 120 g red cherry tomatoes, halved
- 80 g wild rocket leaves

METHOD

For the Sweet Potato Fries:
Preheat the oven to 180°. Cut the sweet potatoes into thick, matchstick slices.

Place them onto a baking tray, drizzle with olive oil and season with sea salt. Bake for 25-30 minutes or until cooked through and golden brown.

For the Guacamole:
Peel and seed the avocados and mash roughly with a fork for a chunky guacamole.

Flavour with the lemon zest and juice. Season to taste with salt and pepper.

For the Mustard Mayo:
Combine all the ingredients together and season to taste.

For the Burgers:
Cut the cauliflower into steaks of 1,5 cm thick. Rub lightly with the curry powder and season with salt and pepper.

Heat a frying pan with the olive oil and fry the cauliflower steaks for 3-4 minutes per side.

Remove and set aside. Using the same pan, fry the streaky bacon until crispy. Drain and set aside.

Pour out the excess oil and fry the burger patties for 3-4 minutes per side until cooked through.

Turn off the heat, top the burger patties in the pan with grated cheese, cover with a lid and let the cheese melt.

Place the cauliflower steak on a plate and top with the guacamole and patty. Place the crispy bacon, a dollop of mustard mayo, cherry tomatoes and the wild rocket on the patty.

Serve with sweet potato fries.

AIR-FRIED CRUNCHY CORN FLAKE CHICKEN BURGER

FOOD LOVER'S MARKET

MARKET LIQUORS

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DIAMOND'S DISCOUNT LIQUOR

Prep Time: 30 min • Cooking Time: 20 min

INGREDIENTS

Servings: 4

For the Crunchy Corn Flake Chicken:

- 4 Food Lover's fresh chicken fillets
- 180 ml (2/3 cup) flour
- 2 eggs, beaten
- 125 ml (1/2 cup) buttermilk
- 750 ml (3 cups) corn flakes, crushed

For the Potato Salad:

- 500 g Food Lover's baby potatoes
- 45 ml (3 Tbsp) Food Lover's Blended Seed & Extra Virgin Olive Oil
- 30 ml (2 Tbsp) wholegrain mustard
- 22.5 ml (1 1/2 Tbsp) apple cider vinegar
- 2.5 ml (½ tsp) garlic, grated
- 125 ml (½ cup) fresh herbs of your choice
- Salt and black pepper, to taste

To Assemble:

- 4 burger buns
- 500 ml (2 cups) coleslaw mix
- 125 ml (1/2 cup) double thick plain yoghurt
- Zest and juice of 1 lemon
- 10 ml (2 tsp) smoked paprika
- 5 ml (1 tsp) chilli flakes
- 1 tomato, sliced
- 4 pickles, sliced
- Wild rocket, to taste
- Salt and black pepper, to taste

METHOD

For the Crunchy Corn Flake Chicken:

Preheat air fryer or oven to 180°C. Place the flour in a shallow bowl.

Mix the eggs and buttermilk in another shallow bowl and place the crushed corn flakes in another bowl. Season to taste.

Cut the chicken fillets in half horizontally to keep the shape of the fillets – create a thinner fillet. You can flatten the chicken out more by pounding the halved fillets with a meat hammer. Season the halved fillets well on both sides.

Dust them in the flour and shake off any excess. Next, dip them in egg mixture and lastly cover them with corn flakes. For a denser crust, repeat this process.

Gently place the chicken on a greased baking tray and bake for 20 minutes in the oven or 15-20 minutes in the air fryer, until cooked and golden brown.

For the Potato Salad:

Wash the potatoes. Cut them in half and boil for about 15 minutes or until cooked. Drain and allow to cool.

Whisk together the oil, mustard, vinegar, garlic, and season well. Add the herbs and dress the potatoes with the dressing once cooled.

To Assemble:

Toast the burger buns to your liking. Combine the coleslaw mix with the yoghurt, lemon zest and juice, spices, and season to taste. Place rocket on the burger bun, followed by a chicken fillet, add a few tomato slices and pickles on the chicken, followed by another chicken fillet. Finish with the zesty coleslaw and serve with the potato salad.

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BEETROOT BRIOCHE AND PULLED PORK BURGER WITH FETA, BEETROOT AND DILL SAUCE

MARKET LIQUORS
*** PROUDLY PART OF THE ***
FOOD LOVER'S MARKET FAMILY

DIAMOND'S DISCOUNT LIQUOR

Prep Time: 50 min • Cooking Time: 1 hr 30 min

INGREDIENTS

Servings: 6

For the Beetroot Brioche Buns:
- 2 medium beetroots
- 100 ml (1/3 cup) full cream milk
- 500 g bread flour
- 7.5 ml (1½ tsp) salt
- 30 g caster sugar
- 7 g instant yeast
- 5 eggs
- 150 g unsalted butter, cubed and soft
- 5 ml (1 Tbsp) black sesame seeds

For the Beetroot Yoghurt Sauce:
- 2 medium beetroots
- 2 garlic cloves, chopped
- 125 ml (1/2 cup) plain yoghurt
- 15 ml (1 Tbsp) mayonnaise
- 5 ml (1 tsp) salt
- A handful of fresh dill, chopped

For the Pulled Pork:
- 250 g Food Lover's Pork Belly or Loin Ribs

To Assemble:
- 250 g Food Lover's Pork Belly or Loin Ribs
- 1 red onion, thinly sliced
- 250 ml (1 cup) rocket
- 125 ml (1/2 cup) feta, cubed

METHOD

Beetroot Brioche Buns:
Preheat the oven to 180°C. Wrap the beetroot in foil. Bake for 1 hour, then remove from foil and allow to cool. Peel and quarter the beetroot. Place in a food processor and blitz until smooth. Warm the milk in a saucepan until lukewarm. Place flour in the bowl of a stand mixer. Place salt and sugar on one side and instant yeast on the other side of bowl. Add warm milk, beetroot and eggs. Mix on slow speed for 2 minutes. Increase the speed and mix for 8 minutes.Gradually add the cubed butter. Mix for 5 minutes until all the butter is incorporated. The dough will be soft, not sticky. Place in a bowl and wrap with cling wrap. Let proof until doubled in size – about 1 –2 hours. Once doubled in size, knock down. Weigh out 140 g of bread dough. Shape into burger buns. Place on baking paper on a baking tray. Proof for 30 minutes. Beat one egg, brush over the buns. Sprinkle black sesame seeds over. Bake for 40 minutes.

For the Beetroot Yoghurt Sauce:
Boil the beetroot in a medium-sized pot for about 30 minutes until soft. Remove from the oven and allow to cool, then peel. Purée the cooked beetroot. In a bowl, mix the yoghurt, mayo, salt and garlic until combined. Add the puréed beetroot and chopped dill.

For the Pulled Pork:
Preheat oven to 180°C. Place the ribs onto a baking tray and roast for 40 minutes. Cool down and use two forks to pull the ribs apart.

To Assemble:
Cut the burger buns open, place rocket on the bottom bun. Top with cubed feta and sliced onion, then place the pulled pork. Pour the beetroot yoghurt sauce over.

FOOD LOVER'S MARKET

GRILLED CHICKEN, BRIE, AND FIG BURGER

MARKET LIQUORS

*** PROUDLY PART OF THE *** FOOD LOVER'S MARKET FAMILY

DIAMOND'S DISCOUNT LIQUOR

Prep Time: 20 min • Cooking Time: 25 min

INGREDIENTS

Servings: 4

- 4 skinless, boneless chicken breasts (from our butcher), sliced through horizontally
- 15 ml (1 Tbsp) Food Lover's Signature Extra Virgin Olive Oil
- Salt and pepper, to taste
- 4 Portuguese rolls
- 250 g Food Lover's Back Bacon
- 100 g brie cheese, sliced about 2 mm thick
- 80 ml (1/3 cup) Food Lover's Canola Mayonnaise
- 30 ml (2 Tbsp) sriracha sauce
- Green fig preserve, to taste
- 30 g wild rocket

METHOD

Brush the chicken breasts with olive oil and season with salt and pepper. Braai them for 4-5 minutes per side, making sure they are cooked.

Grill the bacon on the braai until it's crispy.

Place the buns, cut side down, on the braai to get them crispy. Mix the mayonnaise and sriracha sauce and season to taste.

Spread the sriracha sauce on the buns. Layer with two slices of bacon, the chicken breast, wild rocket, a few slices of brie and a dollop of fig preserve.

BUILD YOUR OWN

Hamburger

THIS NATIONAL BURGER DAY WITH

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