

BURGER BUNS

Yield: 8

INGREDIENTS

420g	All Purpose Flour
200g	Water, tepid
30g	Butter
1	Egg, room temp
15g	White Sugar
1 & ¼	Salt
1 tbsp	Yeast, active
+	Butter, melted (glaze)
	Egg (Egg wash)
	Sesame Seeds



METHOD

Add the flour into the bowl of a stand mixer.

Add the salt to one side and the sugar and yeast to the other side.

** If you are using instant yeast, bloom the yeast in a small amount of water to activate before using.

Melt the butter, then add the egg to the butter and whisk together.

Attach the dough hook to the stand mixer.

Add the water and mix on low speed for 7-10 minutes until a smooth dough has formed.

Remove the dough and place into a clean bowl and cover with plastic wrap to proof for 60-90 minutes until it has doubled in size.

After the proofing time, weigh the dough and divide into 8 equal pieces (or 16 pieces to make slider buns).

Cover the rolls with a clean kitchen towel and let rest for 15 minutes.

After the rest time, flatten each piece of dough. Fold the two opposite sides to meet in the middle, then fold the other sides to meet in the middle, pinching the middle together to create a seam.

Using the palm of your hand and your fingertips, gently roll the balls on the countertop in a fast circular motion to form a smooth, round shape.

Place the rolls onto a tray lined with parchment paper. Gently flatten each dough ball with the palm of your hand until about 3" in diameter.

Cover the tray with a plastic bag and proof for 60-90 minutes, until the dough has doubled in size.

Preheat the oven to 375F (190C).

Melt the butter for the glaze and brush the buns with half of the melted butter.

Brush egg wash over the melted butter. Sprinkle with sesame seeds.

Bake the rolls for 15-18 minutes until golden brown.

Remove from the oven and brush with the remaining melted butter, being careful not to brush the seeds off.

Set aside on a wire rack to cool.