

Sourdough Hamburger Buns

Makes 8 buns

Tangzhong Ingredients

5 Tbsp. milk (of your choice)
2 Tbsp. organic unbleached all purpose flour

Bread Ingredients

3 c. organic unbleached all purpose flour
1 c. sourdough starter
1 1/2 tsp. Sea salt
1 Tbsp. evaporated sugar (it is off white because it is unrefined)
Cooled tangzhong
1/4 c. milk (of your choice)
1/4 c. room temp butter

Tangzhong Instructions

- Place all ingredient into a small saucepan and whisk until smooth, turn on the heat to med. low and whisk. When you feel it start to thicken, turn off the heat and keep whisking until it is the consistency of paste. Set aside.

Bread Instructions

- Fit a stand mixer with a dough hook.
- In the bowl of the stand mixer, place all the ingredients and mix on "1" speed until the dough comes together. The dough should clean the sides of the bowl and be slightly sticky. If it's too dry then add a little milk. If it's too wet, then add a little flour until the dough only sticks to the bottom of the bowl as it's mixing.
- Knead on "2" speed for 10 min. or knead by hand for 15 min. or until the dough is smooth and elastic.
- Divide the dough into 8 equal pieces (a scale helps) and roll into balls.
- Flatten into 4" disk with the edges thinner than the middle.
- Place onto a parchment lined baking sheet leaving 1/2" between buns.
- Brush with olive oil and cover with a dry towel.

- Place in a warm spot to rise until double in bulk. This can take anywhere from 3 to 9 hours depending on room temp. and dough temp. and the strength of the starter.
- When the buns are double in bulk, turn on the oven to 375°F and gently brush with egg wash. (This gives them a nice shine, and provides glue for seasonings.)
- Sprinkle with "Everything" seasoning, or your favorite seed.

Baking Tip! Adding steam via a pan of hot water at the bottom of the oven, or spritzing the oven with water from a water bottle to create steam will help with the rise immensely.

Bake on the middle rack for 15 min. and turn, then bake for another 10 to 15 min. until the buns are golden brown.

- Remove from the oven and let cool completely before slicing in half.
- Place in a bread bag, or air tight container. They can be frozen.