



Hamburger Buns

“You can’t have the perfect hamburger without the perfect bun”

INGREDIENTS:

3 ½ Cups (418 Grams) All-Purpose Flour
 1 ¼ Tsp. (6 Grams) Sea Salt
 1 Tbsp. (9 Grams) Instant Yeast
 ¼ Cup (50 Grams) Granulated Sugar
 1 Cup (227 Grams) Water (Between 90 And 95 Degrees)
 2 Tbsp. (28 Grams) Butter - Melted
 2 Large Eggs – Room Temperature
 Sesame Seeds, Poppy Seeds, for Toppings

DIRECTIONS:

1. Separate one of the eggs into two bowls, being careful not to get egg yolk into the bowl with the egg white. Place the entire second egg into the bowl that contains the yolk from the first separated egg. Slightly mix the bowl containing the two yolks and one egg white. Cover the bowl containing the second egg white. It will be used as an egg wash for the buns just before they are baked.
2. Whisk together the flour and salt in a bowl. Add the yeast and sugar and whisk again. Add the water, melted butter, and egg mixture from step one. Using the paddle attachment of your mixer, mix the ingredients on slow speed for one minute.
3. Switch to the dough hook of your mixer and knead on medium speed (I used speed 4 on my KitchenAid mixer) for seven minutes. When you first start kneading, the dough will be sticking to the sides of the mixer bowl. After about four or five minutes the dough should start coming off of the sides of the bowl, and by the time you are done kneading, the dough should only be slightly sticking to the bottom of the mixer bowl. Adjust your flour or water and knead for one more minute if necessary.
4. Measure and record the temperature of the dough after you have completed the kneading.
5. Place the dough in a slightly oiled bowl and cover with plastic.
6. The dough will take between one and two hours to double in size. The closer the temperature is to 77 degrees, the closer the rise time will be to two hours. (The last time I made this recipe my dough was 87 degrees and the rise time was one hour and fifteen minutes).
7. After the dough has doubled preheat your oven to 375 degrees.
8. Cover a cookie sheet with parchment paper and sprinkle semolina onto the parchment paper.
9. This recipe will make between 8 large or 10 average sized hamburger buns. Measure the total weight of the risen dough and divide that weight by the number of buns you want to make.

**COOKING
 SKILLS
 ACADEMY**



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DIRECTIONS (continued):

10. Turn the risen dough out on a lightly floured surface and cut the dough into pieces weighing the amount you calculated in step 9 above.
11. Shape each piece of dough into a tight ball and place the ball on the parchment paper. Leave space between each ball of dough so that the buns can spread out.
12. Flatten each ball into a disk that is about ½ to ¾ inch high. Spray the buns with a spray oil and cover lightly with plastic. Let the buns rise for one hour.
13. Just before placing the buns in the oven, mix the egg white saved from step one with a half a teaspoon of water. Carefully brush the tops of the buns with the egg white solution and sprinkle on the poppy or sesame seeds if desired. You should use the egg wash even if you are making plain buns. It will give the buns a nice golden brown color.
14. Bake the buns in the oven for 8 minutes on the cookie sheet and then rotate the cookie sheet 180 degrees. Continue baking for another 8 minutes. The buns will be golden brown in color when they have finished baking and the internal temperature of the buns will be about 190 degrees or higher.
15. Cool buns on a wire rack for 30 minutes before slicing.