

Homemade Hamburger Buns

(Just Ingredients)

1 c. bubbly active starter
3 T. melted butter or avocado oil
1 egg
1¼ t. sea salt
1 c. warm water
3 T. sugar
3-3½ c. flour
Egg white or egg for brushing onto the top before baking

1. Add the salt, water, egg, sugar, and starter to the mixer. Stir
2. Gradually add the flour, about 1 cup at a time, mixing well as added, being careful not to add too much flour so that the dough is still tacky but when you touch it the dough doesn't stick to your fingers. When the dough stops sticking to the bowl, you have enough.
3. Knead the dough for 4-5 minutes by hand or 2-3 minutes if using a stand mixer.
4. Put into a lightly oiled bowl (or leave it into the mixer), cover and let rise for two hours or until doubled.
5. Take dough out of the bowl and onto a lightly floured surface. Gently divide the dough into 10 equal portions (or 8-12 portions). Roll each portion into a smooth ball, tucking any seams underneath. Then using your fingertips, gently flatten each ball so it is about ½ inch tall, forming a disk.
6. Put onto a cookie sheet lined with parchment paper. Cover and let rise for 2-6 hours, until they rise. You can put in a cold oven with the light on to speed the process.
7. Take a beaten raw egg and gently brush it onto the dough. Sprinkle with sesame seeds or everything but the bagel seasoning.
8. Bake for 15-17 minutes at 350°.