



Homemade burger buns

15'
Hands on

60''
Hands off

20'
Cook Time

10
Portion(s)

1
Difficulty



Method

- In a mixer's bowl add the milk, the yeast, the sugar, and mix with a hand whisk.
- Add the eggs, the flour, and salt. Ideally, cover with a tea towel and allow 15-20 minutes for the yeast to be activated.
- Beat with the hook attachment at high speed, for 6-8 minutes, until there is a dough.
- Add the butter into pieces and beat at low speed until it is incorporated.
- Transfer to a bowl, cover with plastic wrap, and let it double in volume.
- **Cut** into 10 pieces. Knead each one into a round dough piece and transfer to a baking pan lined with parchment paper. With a toothpick, make a hole in the center and cover with a tea towel. Let them rise.
- Preheat the oven to 190° C (370° F) set to fan.
- As soon as the dough pieces rise, make -again- a hole in the center with the toothpick.
- Brush them with the egg wash and bake each **baking pan** for 10 minutes.

Ingredients

- 125 g milk, lukewarm
- 25 g yeast
- 80 g granulated sugar
- 3 eggs, medium
- 500 g hard flour
- 15 g salt
- 125 g butter, at room temperature
- 1 egg yolk, diluted with 1 tablespoon water

Διατροφικός πίνακας

Nutrition information per portion

373 Calories (kcal)	16.0 Total Fat (g)	8.3 Saturated Fat (g)	45.0 Total Carbs (g)
19%	23%	42%	17%
8.9 Sugars (g)	11.0 Protein (g)	1.9 Fibre (g)	1.6 Sodium (g)
10%	22%	8%	27%