

# Hamburger Buns

**½ cup (125ml) whole milk**  
**½ cup + 3 tbsp (170ml) water**  
**10g bread machine yeast**  
**1 large egg**  
**1 large egg yolk**  
**3 ½ cups (525g) unbleached bread flour, plus more for dusting**  
**⅓ cup (60g) sugar**  
**4g amylase (dough conditioner)**  
**2 teaspoons (7g) fine sea salt**  
**3 ½ tbsp (50g) unsalted softened butter**  
Melted butter for brushing  
Sesame seeds, for sprinkling

## INSTRUCTIONS:

Preheat oven to 375F.

Combine water and milk in a small bowl, whisk in yeast to dissolve, place in a stand mixer bowl along with the **whole egg and egg yolk**; mix on low speed, until combined. In a separate bowl, **mix flour, sugar, salt, and amylase**. While your stand mixer is running, add in your **flour mixture**, ¼ cup at a time, until all of your flour has been added.

Once it begins to form a rough dough, allow to knead for 2 minutes or until it begins to turn smooth. Then **add your butter**, allow to mix until fully incorporated, and knead for 5-10 more minutes or till your dough is very smooth and begins to pull from the sides of the bowl.

The dough may be a little sticky, which is okay. Roll your dough into a light ball, and place in a medium-sized greased bowl. Cover with plastic wrap and rise for 45 minutes at room temperature. Then place in the fridge for 1.5 hours and up to overnight.

Punch dough down to degass, remove from the bowl, and place on a lightly floured work surface. Separate dough into 90g pieces (about ten total pieces), spray two baking sheets with cooking spray, and lay down a sheet of parchment on each. Line each baking sheet with six metal 3.5-inch English muffin ring molds evenly spaced apart.

Roll all your pieces of dough into taught balls, and place them in the center of each ring mold. Spray the tops of your dough with cooking spray, lightly press

each of them with a flat bottomed cup or container to get a thick disc. Cover each baking sheet with plastic wrap and proof for 1 hour at room temperature.

In a small bowl, whisk together one egg and a splash of water for your egg wash and place in a spray bottle (if you have one). Spray the tops of your proofed dough with the egg wash, or brush them if you don't have a spray bottle. Sprinkle the tops with sesame seeds optionally. Bake in the oven for **14 minutes** or until golden brown and cooked through

Remove from the oven, immediately brush with melted butter, and optionally top with flakey salt. Cool completely on a wire rack and enjoy.