

Hamburger Buns

1 1/4 cups water (between 77-85 degrees F)
1 egg
1 1/4 tsp salt
2 tbsp. granulated sugar
2 tbsp. vegetable *or* canola oil
1 1/2 cups whole wheat flour
2 3/4 cups bread flour
1/3 cup buttermilk powder
1 1/4 tsp. instant *or* bread machine yeast

1. Measure ingredients into baking pan in the order recommended by the manufacturer. (Make sure the buttermilk powder does not touch any liquid.) Insert pan into the bread machine. Select dough cycle.
2. Remove dough to a lightly floured surface (I use a cutting mat). Cover with a large bowl and let rest for 10-15 minutes. Meanwhile, spray two baking sheets with cooking spray.
3. Round the dough into a large, slightly flattened ball. Using a pizza cutter, cut into eighths.
4. Form smooth round balls by pulling the dough around the center and pinching the seams together on the bottom of the roll. Place them on the baking sheets allowing room for them to expand.
5. On the baking sheets, gently press the balls into flat discs with your hand. The dough will tend to spring back. Allow the dough to relax a few minutes and then press again. You may need to repeat the process again until you have discs that are 3 1/2 to 4 inches in diameter and 1/2 to 3/4-inches thick.
6. Cover and let rise in a warm, draft-free place for 30-45 minutes or until doubled in volume.
7. Preheat oven to 375 degrees and bake for 15-20 minutes until buns sound hollow when tapped on the bottom.

8. Remove to a wire rack to cool, and when cool, store in an airtight container. Slice with an electric knife or bread knife to serve.