

## Hamburger Buns

1 1/4 cups warm water (105-115), divided  
1 1/2 tsp active dry yeast  
1 1/2 tsp sugar  
3-3 1/2 cups bread flour  
1 1/2 tsp salt  
2 T butter, softened  
cornmeal  
1 egg white  
1 tsp water  
sesame seeds

In bowl of stand mixer, add 1/4 cup water with yeast and sugar, whisk together and let sit until foamy (about 5 minutes.) Add remaining water and 3 cups of flour, mix slowly with dough hook until combined and increase speed. Add more flour if necessary, a little at a time, so the dough is sticking to the bottom of the bowl but not the sides. Add salt and continue kneading for about 10 minutes. (I usually set the timer, 10 minutes seems like forever in reality.) After 10 minutes, add butter, 1 T at a time. Dough will come apart and then back together. Once butter is combined, drop dough into a large greased bowl and cover. Let rest for about an hour, until doubled in size. Grease a baking sheet and sprinkle with cornmeal. Punch dough down and divide into 6 balls, about 4 ounces each and place on baking sheet. Cover with greased plastic wrap and let rise until double in size. (They should look about the size of hamburger buns about 45 minutes to an hour) Preheat oven to 350 and carefully remove plastic wrap. Whisk egg white and water together and brush over dough. Sprinkle with sesame seeds. Bake for about 20-25 minutes, until golden brown. Remove from oven and cover with towel to cool.

Printed from: [girlplusfood.blogspot.com](http://girlplusfood.blogspot.com)