

CHRIS COOKING NASHVILLE

CARNIVORE BREADS: HOT-DOG BUNS

INGREDIENTS

227 g	cream cheese (softened)
3 eggs	(separated)
16 g	egg-white powder
7 g	unflavored gelatin
85 g	Jarlsberg cheese (finely chopped)
5 ml	white vinegar
28 g	butter (melted)
2 g	baking soda

INSTRUCTIONS

1. Preheat the oven to 191°C.
2. Combine softened cream cheese, egg yolks, egg white powder, gelatin, vinegar, and cheese in a large bowl and mix until smooth.
3. Add melted butter and mix thoroughly.
4. In a separate bowl or a stand mixer, whip egg whites to soft peaks. (Be certain there is no fat or traces of egg yolk in the bowl or the whites will not whip properly.)
5. Add baking soda and finish whipping to stiff peaks.
6. Add 1/3 of the whipped egg whites to the yolk/cream-cheese mixture and combine vigorously until fully mixed.
7. Add the remaining 2/3 of the white mixture to the yolk mixture and fold gently until all white streaks are gone while maintaining as much of the air and fluffy texture as possible.
8. Fill greased silicone hot dog bun molds approximately 1/2 way with batter. (If you'd like to top buns with something like sesame seeds, poppy seeds, shredded cheese, or other toppings, add them at this point.)
9. Bake at 191°C for 20 minutes. Turn the oven off, slightly crack the oven door (as little as possible), and set a timer for another 15 minutes for the oven to cool down slowly with the buns still inside.
10. After the 15 minute cool-down is finished, remove the buns from the oven and gently remove them from the silicone molds. Slice and serve.
11. Store the leftover buns in an airtight container or bag in the fridge or freezer. If refrigerated, warm in a low oven (around 121°C) for 5-10 minutes or until warm. If frozen, thaw in the refrigerator and then warm in a low oven (around 121°C) for 5-10 minutes or until warm.

CHRIS COOKING NASHVILLE

CARNIVORE BREADS: HAMBURGER BUNS

INGREDIENTS

227 g	cream cheese (softened)
3	eggs (separated)
12 g	egg-white powder
28 g	butter (melted)
7 g	unflavored gelatin
5 ml	white vinegar
2 g	baking soda
1 TB	Korean “slow sugar” sweetener
	sesame seeds (optional)

INSTRUCTIONS

1. Preheat the oven to 191°C.
2. Add softened cream cheese, egg yolks, butter, egg-white powder, gelatin, sweetener, and vinegar to a large bowl. Mix with a hand mixer or whisk very well until no lumps are left and the mixture begins to slightly lighten in color.
3. Add egg whites to a separate bowl or the bowl of a stand mixer. Beat on high until almost reaching stiff peaks. Scrape down the sides of the bowl, add baking soda, and beat on high again until stiff peaks form.
4. Add 1/3 of the whipped egg-white mixture to the bowl with the egg yolk/cream-cheese mixture and combine fully and vigorously.
5. Add the last 2/3 of the egg-white mixture to the yolk mixture and fold gently, preserving as much air and fluffy texture as possible. Continue gently combining the mixtures until no white streaks are left, and you have a soft, fluffy, lemon-colored mixture.
6. Add spoonfuls of this fluffy mixture to a silicone burger-bun pan that has been greased with lard, beef tallow, butter, or other animal fat of your choice. This will fill 4-6 bun cups depending on the thickness of the mixture you add and the size of your eggs.
7. Sprinkle sesame seeds or other toppings on burger-bun batter as you desire.
8. Bake on the middle rack on the preheated oven at 191°C for 20-25 minutes or until puffy and golden-brown.
9. Turn off the oven and leave the buns to cool inside for an additional 60 minutes to avoid the buns' sinking more than necessary.
10. Remove the buns from the molds, slice in half, and serve.

CHRIS COOKING NASHVILLE

CARNIVORE BREADS: “WHITE BREAD”

INGREDIENTS

4	large eggs (separated)
7 heaping TBs or 65 g	egg-white powder (separated 4 & 3, i.e., 27 g & 38 g)
177.75 ml	heavy whipping cream
1 1/2 TBs or 15 g	unflavored gelatin
10 ml or 12 g	white vinegar
5-6 g	baking soda
1-2 tsp	instant bread yeast (optional, for flavor)

INSTRUCTIONS

1. Preheat the oven to 163°C.
2. In a large bowl, add 4 egg whites and 3 heaping TBs or 27 g egg-white powder. (Make sure this bowl is clean and no fat or egg yolk of any kind is in the whites or the bowl. Wipe the bowl out with vinegar and dry with a paper towel if necessary to ensure a clean bowl.)
3. Whip the whites to soft peaks and add baking soda. Mix again until achieving stiff peaks, making sure to scrape down the sides as necessary.
4. In a separate large mixing bowl, add the 3/4 cup heavy cream. Whip to a soft, flowing whipped-cream texture.
5. Add the gelatin to the soft whipped cream, sprinkling evenly over the surface, and immediately begin mixing to avoid clumps of gelatin. Beat until a thick whipped cream is achieved.
6. Add egg yolks, vinegar, 4 heaping TBs or 38 g of egg-white powder, **and yeast (if using)** to this whipped cream. Mix on low to medium speed just until all clumps of egg-white powder are mixed in, making sure to scrape the sides of the bowl. Avoid over-mixing and retain as much fluffiness in the whipped cream as possible.
7. Add 1/3 of the whipped egg whites into the bowl of whipped cream mixture and mix vigorously until well combined.
8. Add the additional 2/3 of egg white fluff into the whipped cream bowl and **fold gently**, retaining as much fluff as possible while ensuring all white streaks are gone, and the mixture is an even color throughout.
9. Grease a bread pan with the animal fat of your choice (recommend lard or beef tallow). Add mixture into this greased bread pan and smooth out the top.
10. Bake this mixture on the middle rack of the oven at 163°C for 45 minutes.
11. After the bread has finished baking, crack the oven door very slightly, turn off the oven, and let the bread and oven cool together for at least an additional 45 minutes.
12. Remove the rested loaf from the oven and bread pan and allow it to cool to room temperature.
13. Turn the loaf upside-down to slice as this is much easier. Slice the bread loaf to your desired thickness. Use as you would any white bread.
14. For storage, add bread slices to an airtight container or bag and store for up to 1 week in the refrigerator or up to 3 months in the freezer. To thaw, place the bread in the refrigerator for 2-3 days to thaw slowly. To use from the fridge, let the bread sit uncovered at room temperature for 30-60 minutes before using.