

LARGE HAMBURGER BUNS

By Ghislain Bonneau at gbphotodidactical.ca

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Preparation Time; 10 Minutes.

Cooking Time; 30 to 35 Minutes.

MAKES 6 LARGE HAMBURGER BUNS

DRY INGREDIENTS:

- 2 ½ Cups of All Purpose Flour. (Unbleached)
- 2 ½ Cups of Whole Wheat Flour.
- 2 Tea Spoon of salt
- 1 Table Spoon of Garlic Powder.
- ½ Tea Spoon of Ground Oregano.
- 2 Tea Spoon of Italian Seasoning.

In a large mixing bowl mix the above dry ingredients together and then go to the next step below.

WET INGREDIENTS:

- 2 ½ CUPS OF LUKEWARM WATER (110 Degree F.)
- 2 Tea Spoon of White Sugar.
- 1 **Envelop of Fleischmann's Instant Yeast**

DO NOT FOLLOW INSTRUCTION ON Yeast Envelope, Instead follow the instructions below.

Use hot Tap Water that is close to 110 to 115 degree F. and only use 1 cup of Lukewarm water to mix Yeast and the Sugar. Mix and let sit for 10 minutes. Then add the remaining 1 ½ cup of Lukewarm water, mix and pour all the Liquid in the middle of the dry ingredients. Mix the flour gradually with the liquid in the center with a large spatula. Finish mixing by hand by folding it on itself with your fist For 10 to 15 Minutes.

The dough should be sticky to your fingers and a little bit to the surface you are working on. Do not add too much flour. Cover with a damp cloth or a plastic wrap and let rise for 45 minutes in a warm and non drafty place.

I use the two bowl technique because I like to keep my place on the cool side and it would be too cold to make bread, so I use a larger bowl and fill it half way with hot tap water and I sit the smaller bowl holding the bread dough on top of the water in the larger bowl and cover it with a damp cloth.

After 45 minutes or doubled in size, remove the dough from the bowl and transfer it on a lightly floured surface and roll it on itself with your hands to make a long roll then lightly roll it with a rolling pin to about one inch thick and 5 inch wide without working the dough too much. Then cut the dough with a round form of about 5 inches in diameter. Put some of the flour on the sides of the buns. If you don't have a cutter cut the dough in 6 equal pieces and flatten with your hand. And roll with a rolling pin until the buns are about 5 inch in diameter. Transfer the buns on the aluminum cooking pan pre-covered with Parchment paper. Space the buns apart with about 1 ½ inches of space between them.



Prepare $\frac{1}{4}$ cup of Milk mixed with 1 Tea Spoon of white sugar. Brush it all over the buns with a brush.

Let the buns rise in a warm and non drafty place without covering them for 45 minutes.

Preheat the oven at 375 F and Bake your buns for 30 to 35 Minutes on the middle rack.

I place two Aluminum pie plates at the bottom of my oven and fill them $\frac{3}{4}$ full with hot water to raise the humidity level in the oven.

After 30 to 35 minutes your buns should be golden brown and ready. Remove the bread from the pan and place them on a rack for cooling. Allow the buns to cool down at room temperature for about 30 minutes and then cut them in half with an electric carving knife and let them cool down for another 15 minutes, then either put them in a large freezer bag or you can also wrap them individually with a cellophane paper and freeze.

Those buns will be sturdy enough to hold anything You might want to put between them, but the buns will still be very light and melt in your mouth with a great taste to finish.

BON APPÉTIT.

