

SANDWICH BUNS

From Cooking and Baking with Fresh Ground Flour Cookbook

- 2 cups of warm water
- ½ cup sugar
- 2 eggs, beaten
- 1 cup sunflower oil
- 4 ½ cup hard white wheat flour
- 1 ½ cups soft wheat flour (pastry flour)
- 4 Tbsp. Gluten flour
- 1 Tbsp. Saf yeast
- 1 Tbsp. Dough Enhancer
- 1 tsp. salt
- Poppy seeds, sesame seeds, or chopped onion



In the Bosch Styline or Compact equipped with the dough hook or the Bosch Universal Plus with the dough divider and the dough hook, add the water, sugar, eggs, and oil. Add the pastry flour and 1 cup of the hard white wheat flour, the yeast, salt, gluten, and dough enhancers. Turn the machine on speed one and let mix for ½ a min. and then start slowly add the remaining flour until the bowl starts to come clean the dough collects together. Let knead on speed one for 8 min. or until the gluten has developed. Turn the machine off and let rest in the bowl for ½ hour or until it doubles in size. Punch the dough down and let rise again for 30 min. (these additional rises helps to make the buns softer and lighter) Punch down and shape into buns and place on a lightly oiled baking sheet. Let buns rise until doubled. Lightly glaze buns with beaten egg white and gently press seeds or chopped onions into the top. Bake in preheated 375 degree oven for 20 min. or until golden brown. Place buns on a wire rack and let cool until just warm to the touch. (Makes about 12 medium sized buns)

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