

# Whole Wheat Sourdough Burger Buns

The perfect accompaniment to a good hamburger is a good bun: soft and flavorful, with enough body to stand up to condiments. These sourdough buns are fast and easy to make.

## Ingredients

- 1 cup [fresh sourdough starter](#)
- 1-1/2 tablespoons softened butter
- 1/4 cup lukewarm milk
- 1 egg, beaten
- 1/2 teaspoon sea salt
- 1/2 cup whole wheat flour
- 1 cup white flour or bread flour
- Sesame seeds (optional)



## Instructions

1. In the Bosch bowl equipped with the dough hook and dough hook extender, stir together sourdough starter, butter, milk, egg, and salt. Don't worry if there are still some chunks of butter in the mixture.
2. Add 1 cup of the flour and turn machine on speed one. Add remaining flour until bowl starts to clean and dough forms a soft satiny ball and knead about 5 min on speed one.
3. (Optional) You can refrigerate the dough for up to 24 hours to get a more flavorful bun. Bring it back to room temperature before continuing.
4. Let the dough rest at room temperature 15 or 20 minutes, then roll it out to 1/2 inch thick.
5. Use a 3- or 4-inch biscuit cutter to cut bun shapes and transfer them to an ungreased baking sheet. You can re-roll the dough and cut more shapes until it is all used up.
6. (Optional) Press a light layer of sesame seeds gently into the buns.
7. Cover the buns lightly or put into a cool oven and let rise until doubled in bulk – between 1 and 4 hours.
8. Remove the buns from the oven if that's where they were rising, then preheat the oven to 350°F. Bake the buns for 18 to 20 minutes.
9. Let cool on the baking sheet for 5 minutes, then transfer to a wire rack to continue cooling. Let cool completely before slicing in half horizontally.

Makes 8 to 10 buns.

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