

Buttermilk Burger Buns

Dough:

½ C. hot water
1 cup full fat cultured buttermilk
1 tsp. salt
3 T. honey
3 tsp. yeast
1 egg
3 ½ C. all-purpose flour

Topping:

1 egg for egg wash
Sesame seeds

In a large mixing bowl, combine hot water, buttermilk, honey, salt, and yeast, and beat thoroughly. Add in half the flour and beat in with a whisk. Then add the rest of the flour and work in with a wooden spoon, or your hands. (You can also use an electric mixer with a dough hook.) Knead the dough until it is smooth, then cover the bowl and let the dough rise for about 1.5 hours (rising will go more quickly if the dough is kept in a warm place.)

When the dough has double in size, carefully place it on a well floured surface and divide into 8 equal lumps. Handle the dough gently to keep it fluffy! Form each lump into a bun, then flatten slightly into a fat disc. Place on a cookie sheet, (greased or with parchment) with at least an inch of room between each bun. Egg wash each bun, and sprinkle with sesame seeds. Let rise about 20-30 minutes before baking.

Bake at 350° for 25 minutes. Wait until buns are cooled before slicing. They are delicious served plain or oven toasted with butter. Enjoy!

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