

Burger Buns

2 tablespoons (17 grams) dry, active yeast
1 cup + 2 tablespoons (300 grams) warm water (110F - 43C)
1/3 cup (80 grams) oil
1/4 cup (50 grams) sugar
1 egg — room temperature
1 teaspoon (6 grams) salt
3 1/2 cups (507 grams) flour

Optional for toppings -
1 egg - beaten
Sesame seeds

Place the yeast into a bowl. Add the water, oil and sugar. Mix and set aside for about 5 minutes until it starts bubbling.

Once the yeast is activated, add the egg and flour. Mix well.

If you have a standup mixer - knead the dough with the hook until it forms a uniform ball of dough — about 5 minutes. Remove from the mixer. If the dough is sticky, add a little more flour and knead it in by hand.

If you do not have a standup mixer — flour your counter and dump the mix on top. Start kneading until you have a uniform ball of dough that is not sticky. Add a little more flour if you need to.

Divide the dough into 12 equal size balls. If you want them to be exactly the same size you will have to weigh them. Place them on a lightly oiled baking sheet.

Cover the balls of dough with a clean kitchen towel. Let them rest for 10 minutes.

Heat your oven to 375 F (190 C).

If you prefer bread that is not too doughy, softly press it down with your hands. If you do not care, leave them like that.

If you are adding the sesame seeds, brush the bread with the beaten egg and sprinkle the seeds on top. You can also brush them with melted butter.

Bake the bread for 22 to 25 minutes — depending on how brown you want it.

Remove the bread from the oven and transfer it to a cooling rack. Enjoy!

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