

Hamburger Buns

Ingredients

2 T Yeast
1 c Warm Water (plus 2 tablespoons)
1/3 c Vegetable Oil
1/4 c Sugar
2 Egg
1 t Salt
4 c Flour

Instructions

1. In a standing mixer bowl add yeast and 1 cup plus 2 tablespoons warm water. Add oil and sugar; let stand for 5 minutes. After 5 minutes, mixture should be foamy.
2. Whisk in 1 egg. Slowly mix in the salt and flour. Continue to add flour until you have a soft dough.
3. Using a dough hook, knead in the mixer for 5 minutes on medium speed, until dough is smooth and elastic. Put the dough on a lightly floured surface and divide into 8 equal pieces; shape each into a ball. Do not proof.
4. Preheat oven to 425 degrees. Place the dough balls on a parchment lined baking sheet. Cover with a kitchen towel and let rest for 10 minutes. In a small bowl beat 1 egg.

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5. After the buns have rested, brush with the beaten egg. You may also sprinkle sesame seeds on top. Bake until golden brown, 8-12 minutes. Transfer to a wire rack to cool.