

New England Hot Dog Buns

Ingredients

- 1 1/4 c Milk
- 2 T Sugar
- 2 1/4 t Yeast
- 3 c Flour
- 1 t Salt
- 1 Egg (beatened)

Instructions

1. Microwave milk for one minute. Make sure it is lukewarm to the touch. Add sugar and stir in, then sprinkle yeast over top. Stir and let stand a few minutes.
2. In the bowl of your stand mixer fitted with a kneading hook, combine 2 cups of the flour and the salt. Add the milk/yeast mixture and turn the machine on low to combine. Add another cup of flour, a bit at a time, until dough comes together. Knead by machine until dough is smooth and moist, but not sticky. Remove dough to a greased bowl, cover with plastic wrap and allow to rise for 1 hour, until doubled.
3. Place parchment on 7x11-inch baking pan and set aside. Remove dough to a lightly floured surface and divide into 8 equal pieces. Shape each piece

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of dough in to a ball, then using the palm of your hand roll and stretch slightly, until it is an oblong shape, about 4 1/2-5-inches long.

4. Place in your prepared pan, pinched side down, pushing it up against the short end of the pan slightly. Continue with the remaining pieces of dough, placing each snugly up against the next, until all 8 are in the pan and equally spaced apart. Spray a piece of plastic wrap, then cover pan and set aside for 1 hour to rise, until doubled.

5. Preheat oven to 375° F. with rack in middle of oven. In a small bowl beat the egg gently with a fork, set aside. Remove plastic wrap and brush buns with egg, ensuring that you get some on the ends and all exposed surfaces. Bake for 20-25

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minutes, or until golden and they sound hollow when lightly tapped. Remove from oven and let stand a few minutes.

6. Run a knife along the edges and remove buns as one piece and place on a cooling rack to cool completely. Once cooled, using a serrated knife, cut between the rolls. To serve, place cut rolls on to baking sheet and place under the broiler to toast each side. Once toasted, make a slice lengthwise in the middle of the bun for your hot dog or other fillings.