

Hamburger Potato Buns

Ingredients

2 c Flour (plus 1 tablespoon)
1 1/4 c Bread Flour
3/4 t Salt
1/8 t Ground Black Pepper
3 Eggs
5 T Unsalted Butter (softened)
3/4 c Buttermilk
1 T Honey
2 1/2 t Yeast
1 Potato
1 1/2 c Water (plus 1 tablespoon)

Instructions

1. Cook one large peeled and cubed potato in 1 1/2 cup water with 1/2 tsp salt, cook until soft. Mash the potato with 3 tablespoons potato water, using a fork. Spoon mashed potato mixture into a 1/2 cup measure.
2. Stir mashed potato with buttermilk. Let cool until mixture is warm. Into the potato buttermilk mixture mix honey, yeast and 1 tablespoon flour. Mix well and let sit for 5-8 minutes. Until foamy on the top.
3. Meanwhile, add 2 cups flour and bread flour into a bowl of your stand mixer, stir in 1/4 teaspoon salt and black pepper, set aside.
4. Make a well in the flour, add 2 eggs, butter and pour in all of the yeast mixture. Stir with a wooden spoon until combined, about 30 seconds.

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5. Using the mixer with a hook attachment knead yeast dough for 8 minutes, until a soft dough is formed. If the dough appears too wet add up to 1/4 cup flour, adding flour by tablespoons.

6. Dump the dough onto a lightly floured work surface and knead it for 30 seconds to a minute until it becomes to a ball. Return the ball of dough into a lightly oiled bowl, cover and let rise in a warm place for 1 hour.

7. Once the dough has risen take the dough out to a lightly floured surface. Divide evenly into 10 pieces. Shape each piece of a dough into a ball. Transfer onto a baking sheet lined with a parchment or silicone mat. Cover buns with kitchen towel and let rise for 45 minutes.

8. Preheat oven to 375F. In a small bowl add egg

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and 1 tablespoon water, beat with a fork until well mixed. Brush buns with the egg wash. If using, sprinkle with poppy seeds, sesame seeds, or salt.

9. Bake in the preheated oven, until golden brown about 18-20 minutes. Remove from the oven, and cover freshly baked hot buns with a kitchen towel for 15 minutes. Remove the towel and let cool completely.