

"Brioche Burger Buns "



Recipe By FoodieBook

Ref: 601

Heading: Bread & Baking

Cuisine: French

Food Type: Vegetarian

No of Portions: 10

Ingredients & Prep

200 ml Warm water 40°C

50 ml Warm milk

2 tsp Active dry yeast

2 tsp Sugar

2 Eggs large

1 Egg yolk

600 g Strong bread flour

1 tsp Salt

100 g Unsalted butter soft

Topping

sprinkle Sesame seeds

brushing Egg white

2 tbsp Water

Method

Step 1 - Place warm water, milk, yeast & sugar in a jug or bowl & let it go frothy 20 to 30 mins.

Step 2 - In a large bowl or use a food mixer with dough hook, combine both flours & salt. Add the butter to the flours rub into the flour using your fingers or in the mixer, add in the yeast mixture & egg & egg yolk egg until it forms a dough. If by hand tip mixture on a floured work top & use a dough scraper form & knead the dough for 10 mins until springy.

Step 3 - Clean the mixing bowl, line with oil or butter place the dough in the bowl & cover with cling film, Pierce it with a small hole & leave in a warm place (20 to 25°C) to double in size for an hour or 2.

Step 4 - Line a flat baking sheet with parchment paper or on a silicon mat. Using dough scraper or sharp knife, divide dough into 110g pieces. Gently roll each into a ball, structure each ball by stretching it in on itself like a mushroom cloud, then arrange 3 to 5 cm apart on the lined baking sheet. Cover loosely with a piece of plastic cling film lightly coated in non-stick spray, let buns rise in a warm place for 1 to 2 hours.

Step 5 - Place a over proof dish of water on the bottom shelf to provide some steam. Preheat the oven to 200°C with shelves middle & top. Beat the egg white with 1 tbsp water to make an egg wash, then brush on top of buns. Sprinkle with sesame seeds. Pressing them in gently to stick. Bake, turning the sheet halfway through baking, until tops are golden brown, about 15 minutes. Transfer to a wire rack to cool.

Suggestion & Tips

Excellent to freeze for a later date.