



Brioche Burger Buns



12 buns



15 minutes



375 degrees

INGREDIENTS

160g whole milk
160g water
525g hard white wheat
1 egg
1 egg yolk
60g sugar
4g amylase (optional)
5g vital wheat gluten (optional)
10g yeast
7g salt
50g softened butter
sesame seeds for garnish

- **Amylase.** Amylase is an enzyme that breaks down starches into sugars. It provides the yeast with more food yielding softer doughs and lengthening shelf life. I like to use amylase in my burger buns because the texture is divine and I like make large batches and freeze the excess rolls for another time. Amylase will help the rolls taste just as fresh after freezing. You can purchase Amylase powder on Amazon.
- **Vital Wheat gluten.** While this is optional, I do recommend trying it though as it improves the texture.
- **Rings.** I use English Muffin Rings to help keep the buns consistent size and rise upward instead of out. This is not necessary although without you will just have slightly wider buns, but they do create beautifully consistent results.

DIRECTIONS

1. Mill your wheat on the finest setting. Combine the water, milk, flour, egg, yolk, sugar, amylase and vital wheat gluten. Autolyse for 30 minutes.
2. Add your yeast, salt and butter. Knead the dough until window pane is achieved.
3. Cover and rise for 45 minutes or until doubled. Refrigerate for at least an hour or overnight. Do not exceed 12 hours.
4. Turn the dough out onto a clean surface and use a bench scraper to divide the dough into ten to twelve pieces. Form into taut balls and place onto a parchment lined baking sheet. Press down on each one to flatten it out to an inch thickness.
5. Cover and rise for 45 minutes to an hour. Brush with an egg wash, sprinkle with sesame seeds and bake at 375 for 15 minutes or until golden brown and the dough reaches 200 degrees with a probe thermometer. Cool completely before slicing in half.