

Sourdough Discard Hamburger Buns

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 125 grams warm milk (105-110 degrees F)
- 25 grams sugar
- 4 grams instant yeast
- 125 grams whole wheat flour
- 125 grams bread flour
- 50 grams sourdough discard
- 1 egg yolk
- 50 grams butter, softened but not melted
- 5 grams kosher or sea salt
- 1 egg white
- 1 teaspoon water
- Everything bagel seasoning, to taste

Instructions:

First combine the warm milk, sugar and yeast in the stand mixer bowl. Mix to dissolve the sugar.

Next add the flours, salt, discard butter and egg yolk. Use the paddle attachment for the stand mixer to incorporate these ingredients. You may have to use a rubber scraper to scrape the sides of the bowl.

Swap out the paddle for a dough hook and knead the dough for ~7 minutes. Make sure you allow the mixer to rest every 2-3 minutes so it does not overheat. You will know it is ready when the dough no longer sticks to the sides of the bowl and is a nice smooth ball.

Place the dough ball in a bowl and cover it with plastic wrap and allow it to rise until it doubles in size, approximately 1 hour. The amount of time will vary depending on the temperature of your kitchen. Once the dough has doubled in size, transfer it over to a lightly floured counter top and divide the dough into 4 equal pieces. (or 6 pieces if you prefer smaller buns.) Shape each piece into a bun by pulling the edges under to form a nice bun shape on top.

Place the shaped buns on a parchment lined cookie sheet. Cover with plastic wrap and allow it to rise for about 30 minutes. Once again this time will depend on the temperature of your kitchen. When they are plumped up and rounded, they are ready to bake.

Preheat the oven to 350 degrees F.

Use a fork to whisk the egg whites with the water. Use a silicone brush to spread the egg wash over the top of each ball of dough. Sprinkle on everything bagel seasoning. Bake for 20 minutes or until the tops are lightly browned and they sound hollow when you tap on the bottom. Cool on a wire rack.