



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## **Easy Sesame Hamburger Buns**

Makes 8

3 ½ cups all purpose flour  
1 tablespoon instant yeast  
2 teaspoons salt  
1 tablespoon sugar  
2 tablespoons soft butter  
1 egg + 1 egg yolk  
¾ cup warm water  
1 egg white + ¼ cup cold water

Place all ingredients in the bowl of your stand mixer.  
Using the dough hook attachment, mix for 2 minutes on low  
Increase speed to medium and knead until dough is smooth  
Place dough in a lightly olive oiled bowl and cover  
Allow to raise until doubled in bulk - impossible to give an exact time  
Punch dough down and divide into 8 equal pieces  
Shape pieces into balls then flatten to look like hamburger buns  
Allow to raise for 1 hour  
Gently brush buns with egg white wash and sprinkle liberally with sesame seeds  
Preheat oven 400°F  
Bake for 18 minutes  
Place buns on cooling rack and cool completely

**THE LOVE:** The secret to working with yeast is giving your bread the time it needs to raise properly. Don't be in a hurry!