

TANGZHONG HAMBURGER BUNS

(slightly modified from [Domestic Gothess](#))

for tangzhong:

20 g (2tbsp) strong white bread flour

100 ml water

for the dough:

350 g strong white bread flour

7 g (2 tsp) fast-acting dry yeast (or regular yeast, but expect longer rising times)

1 tsp salt

50 g (1/4 cup) sugar

125 ml (1/2 cup) full fat milk

1 large egg

35 g softened butter

to glaze:

1 egg, beaten with a splash of milk

sesame seeds

To make the tangzhong, place the flour in a small saucepan and gradually whisk in the water. Place over a medium heat and cook, whisking constantly until it has thickened to a wallpaper paste-like consistency. Remove from the heat, scrape into a bowl and cover with clingfilm directly on the surface, set aside to cool.

Place the flour, yeast, salt and sugar in the bowl of a stand mixer fitted with the dough hook, lightly stir together and make a well in the center. Add the egg, milk and tangzhong to the well and mix on a low speed until it comes together into a dough.

Add the butter and mix on medium-high speed until the dough is very stretchy and comes away from the sides of the bowl, about 10 minutes. Transfer the dough to a lightly greased bowl, cover with clingfilm and either place somewhere warm to rise until doubled in size, about 1-2 hours (dough can be refrigerated overnight at this point if you prefer).

Line a baking sheet with baking parchment. Divide the risen dough into 8 equal pieces (or fewer if you like bigger buns) and shape each piece into a ball on a lightly floured surface. Spread the balls out well spaced apart on the baking sheet and loosely cover with oiled clingfilm. Leave to rise for about 1 hour until puffy.

Heat the oven to 400F. Brush the risen buns with the beaten egg and sprinkle with sesame seeds. Bake for 20 to 25 minutes until deep golden. Transfer the buns to a wire rack to cool. They are good for couple of days stored in an airtight container, or for a few months frozen.