

SOURDOUGH HAMBURGER BUNS

(from the Bewitching Kitchen)

80 grams bubbly, active sourdough starter at 100% hydration

240 grams whole milk, warm

1 egg

6g salt

20g sugar

430g all-purpose flour, divided

45g butter, softened

egg wash (1 egg beaten with a little water)

sesame seeds, black and white

In the bowl of an electric mixer with the paddle attachment, mix sourdough starter, milk, 1 egg, yeast, salt, sugar and 300 grams of flour on medium speed until a loose, shaggy dough is formed. Cover the dough with a damp cloth and let rest in the bowl for 30 minutes.

Change to the dough hook, knead the dough for 7-8 minutes, gradually adding an additional 130 grams flour and the butter in small amounts. The dough should be soft and slightly sticky, but pulling away from the edges of the bowl as it kneads. Transfer the dough to an oiled bowl and keep at room temperature for the bulk proof for 4 to 5 hours. It will not double in size, but it should expand and feel “lighter.”

Divide the dough into six portions (about 120 g each). Form into tight little balls and allow to proof at room temperature for 2 to 3 hours. Heat the oven to 375F, brush the surface of the rolls with egg wash and sprinkle sesame seeds. Bake for about 20 minutes, until golden brown and internal temperature of 190F. Cool completely on a rack before slicing.