

Hamburger buns

Cuisine: **Other**Food category: **Pastry**Author: **Jakub Svoboda**Company: **Retigo**

Program steps

1 Hot air 100 % Termination by time 00:15 hh:mm 165 °C + 100 %

Ingredients - number of portions - 10

Name	Value	Unit
plain wheat flour	375	g
chicken eggs	1	pcs
milk 3.5%	240	ml
caster sugar	40	g
sugar	10	g
dried baker's yeast	1	pcs
5 tbsp vegetable oil	30	ml
scrambled eggs	1	pcs

Nutrition and allergens

Allergens: 1, 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se,

Sodium: 38758 mg, Zn

Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	149.7 kJ
Carbohydrate	31.4 g
Fat	0.8 g
Protein	4.1 g
Water	0 g

Directions

1. In a large bowl, combine 1/2 warm milk with yeast and mix well until dissolved. In another bowl, combine the other 1/2 of the milk, eggs, oil, sugar, and salt. Now we will combine both mixtures and add the flour.

2. Using a mixer, knead the dough until it is beautifully smooth, elastic, and still slightly sticky to the touch, but no longer sticking to the sides of the mixing bowl. This will take approximately 10 minutes.

3. Cover the dough with a towel and let it rise in a warm place for about 1 hour.

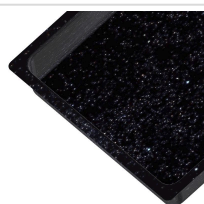
4. Once risen, turn the dough out onto a floured surface and divide it into equal-sized pieces. Shape each piece into a smooth ball. If using a Vision Bake tray, place the rolled balls directly onto the tray; for other trays, it is preferable to use parchment paper. Cover the buns with a towel and let them rise again for about 35 minutes.

5. The risen buns are brushed with beaten egg and sprinkled, for example with sesame, poppy seeds, or coarse salt, and baked in a preheated convection oven for 15 minutes at 165°C.

Recommended accessories



Vision Bake



Enamelled GN container