

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

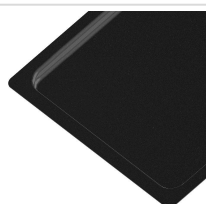
Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

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

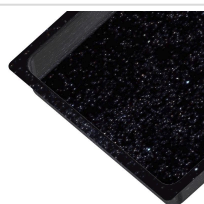
Directions

1. In a large bowl, combine 1/2 warm milk with yeast and mix well until dissolved. In another bowl, mix the second 1/2 of the milk, eggs, oil, sugar, and salt. Now combine both mixtures and add flour.
2. Using a mixer, knead the dough until it is beautifully smooth, elastic, and still slightly sticky to the touch, but not to the mixing bowl anymore. This will take about 10 minutes.
3. Cover the dough with a cloth 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 evenly sized pieces. Shape each piece into a neat ball. If using a Vision Bake tray, place the shaped balls directly onto the tray; for other trays, I prefer to use baking paper. Cover the buns with a cloth and let them rise again for about 35 minutes.
5. Brush the risen buns with beaten egg and sprinkle with, for example, sesame seeds, poppy seeds, or coarse salt, and bake in a preheated convection oven for 15 minutes at 165°C.

Recommended accessories



Vision Bake



Enameled GN container