

Buns



It is springtime, and it is the ideal time for hiking in the countryside and for having a picnic. You can use these buns to make various delicious sandwiches. If you travel with your family, make yourself tasty sandwiches with salmon, avocado, ham and cheese, and you can use Nutella, as well. These buns are not only great for sandwiches, but they are ideal for hamburgers, too.

INGREDIENTS :

1 kg flour

1 soup spoon of salt

150 ml of oil

1 teas spoon of sugar

1 package of fresh yeast

200 ml of warm milk

350 ml of warm water

1 egg yolk (for coating)

Different seeds for sprinkling (not obligatory)

PREPARATION :

1 . put sugar in warm milk, chop the yeast and stir well till

yeast dissolves completely ...

2 . leave the yeast a few minutes to become active ...

3 . in the meantime put all other ingredients in a bowl ...

4 . when the yeast has become active, add it to other ingredients and roll the pastry for some 10 minutes ...

5 . form the pastry into a big ball and put it in an oiled bowl, oil it on the top to avoid drying ...

6 . cover the bowl with transparent foil and leave the pastry on a warm place to double its size ...

7 . take the pastry out of the bowl (do not roll it any more) and stretch it in the form of a roller, with your hands ...

8 . cut the pastry in 16 equal parts ...

9 . put the pastry on your palm and pinch it with your fingers from outside to inside till you get the form of a ball ...

10 . put the ball on the table and form a nice and smooth ball with circular movements (while forming the ball, you must not press the pastry) ...

11 . line the balls on a large tin, covered with parchment paper, leave some space among them, so the buns can rise ...

12 . press each bun lightly with your fingers ...

13 . cover the buns with a clean cloth and leave them 15 to 20 minutes to rise and in the meantime switch the oven on at 200 degrees ...

14 . coat the risen buns with egg yolk in a thin layer, and sprinkle them with various seeds, if you want ...

15 . bake the buns for about 20 minutes, it always depends on oven ...

16. cover the hot buns with aluminium foil for 15 minutes, then remove the foil and put a clean cloth over them to let them cool ...



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