

Fluffy Homemade Hamburger Buns

(from thefrugalgirl.com)



7 cups all purpose flour *(My favorite is Gold Medal Unbleached.)*
4.5 teaspoons (2 pkgs.) active dry yeast *(I buy mine in bulk at Costco.)*
3 cups milk
1/2 cup butter (cut into pieces) or vegetable oil
1/2 cup sugar or honey
3 teaspoons salt
2 eggs

In the bowl of a stand mixer, combine 3 cups of flour with the yeast. In a separate bowl, combine milk, butter, sugar, and salt, and heat (stovetop or microwave) to 120°F.

Add hot liquids to flour/yeast mixture and beat for 2 minutes. Add eggs and mix to combine. Add enough additional flour to make a soft dough.

Turn dough out onto floured surface and knead for 3-5 minutes. Place dough in bowl, cover with wet tea towel, and let rise in a warm place for one hour, or until doubled in size.

Turn dough out on to floured surface and divide into 24 pieces. Shape each into a ball and flatten slightly. Place on greased baking sheets; cover baking sheets or place into oven with a bowl of hot water below. Let rise 30-60 minutes or until doubled in size.

Remove rising buns from the oven and preheat oven to 350° F. Bake buns, one sheet at a time, for 13-15 minutes, or until lightly browned. Remove from pans and cool on wire rack.