

Sandwich Bread and Hamburger Buns

Time 15+15+60+35+35=160 min

2 2/3 hours

Ingredients	(2 x 2 pound loaves)
Water, 95°–105°F (35°–40°C)	3 cups – the volume of 2 eggs
2 eggs	any size __^__
Sugar or honey	4 tablespoons
Canola Oil	6 tablespoons (90 ml)
Salt	3 teaspoons (15 ml)
Bread flour	≈8 cups (2 L)
Yeast, active dry, instant	(2+2) teaspoons (20 ml)

- Combine the warm **water**, **sugar** and half of the **yeast** 2 tsp.
Let stand for 5 - 10 minutes until yeast is dissolved and is starting to foam up.
- Place ≈6 cups **flour** in a large mixing bowl stir in **salt** 3 tsp. and the remaining dry **yeast** 2 tsp.
- Using a fork, stir the butter and liquids into the dry ingredients.
Continue adding more flour until the dough pulls away from the sides of the bowl.
- Turn dough mass out onto a well-floured surface, use some dry flour to clean the bits off the bowl.
- Knead most of the remaining flour into the mass approximately **5 minutes**.

- Continue kneading the dough for an additional **15 minutes**, use some of the remaining flour to dust the work surface as required. Do not attempt to incorporate large amounts of flour during this stage.
- Spray the mixing bowl with vegetable oil (pam), shape the dough into a ball and return to the bowl, cover the bowl with oiled plastic wrap and set in a warm place (oven with light on) for **one hour**.
- Remove dough from bowl, shape into **11 (90gram) buns** and **1 loaf** placing the loaf in a bread pan and buns on a cookie sheet.

Shape buns by tucking dough into the back repeatedly, to form a ball without air holes, finally pinching to seal the ball. Place the ball on the counter seam side down. Cup your hand loosely over the bread roll, move your hand in a circular motion around the ball keeping the seam side down. Do this until the surface of the ball becomes taut. Gently press the now very circular ball into a hockey puck shape. Loosely cover with plastic wrap.

Place buns on the counter to rise.

Return bread to the warm oven for an additional **30 minutes**.

- Preheat oven to **350°F (177 °C)**, place Bread and buns on middle rack. Bake buns for ≈ 20 **minutes** and loaf for ≈ 35 **minutes**.
- Remove from oven when the internal temperature reaches **200°F – 205°F (94°C – 96°C)**.

The internal temperature will affect the amount of moisture in the end product.

Cool on wire rack before slicing.