

Eat The View

Recipes and Tips

Soft burger buns

200ml milk
50g butter
500g plain flour
1 tablespoon sugar
7g fast-action dried yeast (one sachet)
1 egg, beaten
Sesame seeds (optional)

Put the milk, butter and 100ml water in a pan and gently heat until the butter is melted. Set aside to cool until just warm.

Tip the flour, sugar, yeast and 1 teaspoon salt into a large bowl and gradually work in the milk mixture, then the egg, until you have a smooth dough. Tip the dough onto a floured surface or fit a dough hook in your mixer and knead until elastic and shiny.

Divide into pieces about 80g each and roll into tight balls. Transfer to baking trays lined with baking paper, leaving plenty of space between and put into a warm place to prove for 30-45 minutes.

Heat over to 200C. Press the rolls down gently using your hands, then brush over some milk and scatter over the sesame seeds or dust with some flour. Bake for 10-12 minutes until risen and lightly golden. Leave to cool completely, then serve.