

Lighter Brioche Hamburger Buns

Ingredients

- 2/3 cup warm milk
- 1/3 cup warm water
- 3 TBS honey
- 2 ex-large eggs, room temp.
- 2 teaspoons instant yeast
- 2 cups bread flour(+ more, if needed)
- 1 cup white whole wheat flour*
- 1 1/2 teaspoons salt
- 3 TBS unsalted butter, softened
- 1 egg yolk with a little water
- sesame seeds

**you can use regular bread flour*

Preparation

In the bowl of a mixer add the flours(3 cups first), yeast and the salt. Whisk to combine and add the sliced soft butter. In a glass measuring cup, combine milk, warm water, eggs and honey. Whisk to combine and add it all to the dry ingredients. Place a kneading hook and turn on mixer. Mix on low scraping the sides of the bowl to incorporate all the flour. Increase the speed to medium. Knead for 8 minutes...the dough should be tacky and look pretty sticky. *If you feel the dough is sticking to the sides too much add 1 TBS of flour at a time until the dough gathers around the hook and slaps around the sides of the bowl. It may still stick a bit to the sides, but not overly. Don't be tempted to add too much flour or the buns will be dry.~ I probably added another couple of tablespoonfuls of extra flour.* Continue kneading for an additional 2 more minutes... for a total of 10 minutes.

Scrape the sticky dough that clings to the sides of the mixer bowl and then form all of the dough in a ball. Cover bowl with plastic wrap and let rise in a warm place until at least doubled in bulk and is nice and puffy... 1 to 2 hours.

Plop the soft dough unto a floured countertop... sprinkle a bit of flour on top as well. Using a dough scraper, divide dough into 8-10 equal parts(*or in my case, just grab a lemon size piece of dough*). With floured hands form balls and place on lightly oiled parchment-lined baking sheet. Arrange 2 to 3 inches apart on baking sheet as they will rise some more. Flatten the balls down a bit(to about 1 1/2-2 inches or so) and brush with egg yolk. Add sesame seeds. Cover loosely (with oiled plastic wrap) and let buns rise in a warm place for 1 to 2 hours... or until nicely puffed.

Pre-heat oven to 400F with rack in center. Bake, turning sheet halfway through baking, until tops are golden brown, about 10-15 minutes depending on the size of the buns. Transfer to a rack to cool completely and freeze, if desired.

