

# Quick Buns with Freshly Milled Flour

## Ingredients

435 - 450 g hard white wheat berries (or a mixture of hard white and hard red)  
227 grams warm water. (about 110 degrees)  
76 g butter, softened (or olive oil, avocado oil, etc)  
2 tbsp honey  
1 large egg beaten  
1 teaspoon salt  
2 tbsp active dry yeast or instant yeast

## Egg Wash:

1 egg yolk  
1 tbsp water

## Optional Toppings

sesame seeds  
Flaky sea salt  
Everything Bagel seasoning

## Note:

**I mill 450 grams of wheat, starting with 435 grams in the mixer. Use the extra as needed.**

## Directions

1. Preheat oven to 425 degrees.
2. Add yeast and warm water to a bowl. Add butter/oil and sugar; let stand for 5 minutes. After 5 minutes, the mixture should be foamy. (See note below if you are using instant yeast)
3. Whisk in egg to the yeast mixture
4. Transfer the liquid mixture to your mixing bowl
5. Slowly mix in the salt and 435 grams of flour.
6. Add the extra flour as needed. (See images below for visuals of what my dough looks like at each stage of kneading)
7. Using a dough hook, knead in a mixer (or by hand) until the dough is smooth and elastic. The dough will still be tacky.
8. Do not let rise. Immediately divide into 8-10 equal pieces
9. Shape each portion into a ball.
10. Place the dough balls on a greased or parchment-lined baking sheet.
11. Press gently into discs. Cover and let rest for about 10 minutes.
12. Brush the buns with an egg wash, then sprinkle with your desired toppings. Bake until golden brown, 8-12 minutes.

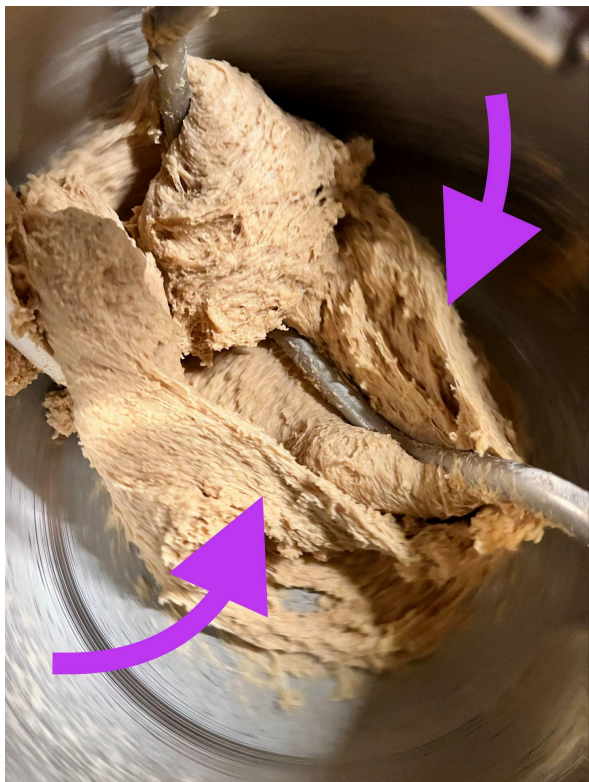
## Notes

- Kneading time will depend on your climate and wheat berries/wheat variety. It can take my mixer anywhere from 8 min to 15 min to achieve a smooth dough ball.
- If using **Instant Yeast**; add all the ingredients to your mixer bowl. No need to bloom the yeast.
- I cool and wrap individually then store in the freezer in a ziploc bag.
- This recipe can be used for quick dinner rolls. Substitute milk for the water for richer roll.

## Photos with notations



Very sticky/shaggy dough.



This photo was approx halfway into the kneading.  
The dough ball is coming together more and you can see the gluten stands forming. Resulting in a stretchier more cohesive dough.



You can see here how much the dough has come together. Much Smoother.  
I let it knead for a few more minutes from this point.  
The dough will still be tacky. Oil your hands and take the dough out of the mixer.  
Place the dough into an oiled container.



I like to weigh my dough ball so I can get even-size buns.  
Divide the final weight by however many buns you want to make.  
Weigh out the desired amount for each dough ball.



Shape the portioned-out dough into balls.



Press into discs. Cover with a clean towel and let rise for 10 min.





Brush with egg wash. Your dough disks should look puffier than when you pressed them out. They will spring into bun shapes in the oven.



Enjoy!  
DM me if you have any questions! Krista B.