

Whole Wheat Hamburger & Hot Dog Buns

(Healthier Version)

Makes 8 buns



Ingredients

- 240 ml warm water (38–43°C)
- 35 g sugar
- 7 g instant or active dry yeast
- 1 medium Japanese egg (≈46–48 g, room temp)
- 30 g canola oil (*replaces butter*)
- 280 g all-purpose flour
- 180 g whole wheat flour
- 1 T milk powder,
- 1 tsp honey
- 1¼ tsp salt

Just before baking:

- 1 medium Japanese egg + 2 T milk (for egg wash)
- 1 T sesame seeds (optional)

Instructions

1. **Mix the base dough**
Add **warm water, sugar, yeast, salt,** and **200 g AP flour + 100 g whole wheat flour, milk powder,** and **honey** into the bowl of a stand mixer fitted with a dough hook. Mix on low until a loose batter forms.
2. **Add egg and oil**
Pour in **1 medium egg** and **30 g canola oil**. Mix on medium-low for **1–2 minutes**. The dough will look sticky and shaggy.
3. **Add remaining flour**
Add remaining flours gradually (a spoonful at a time) until a soft, slightly tacky dough forms.
Increase to medium speed and knead for **3 minutes** until smooth and elastic.
4. **First rise**
Lightly oil a large bowl. Add the dough, turn to coat, cover, and let rise in a warm place until doubled, about **1 hour**.
5. **Divide & shape**
Punch down gently. On a lightly floured surface, divide dough into **8 equal pieces** (about 110–115 g each).
Shape each piece into a smooth ball and flatten to about **7.5 cm** wide.
6. **Second rise**
Line a baking sheet with parchment. Place buns on the sheet, cover with a towel, and rise again until doubled, **45–60 minutes**.
7. **Prepare for baking**
Preheat oven to **190°C**.
Mix **1 egg + 2 Tbsp milk** for the wash.
Brush the tops and sprinkle **sesame seeds** if desired.
8. **Bake**
Bake 15–18 minutes until golden brown.
Cool fully before slicing.

Nutrition (per bun, 1 of 8)

Calories: ~235 kcal | **Protein:** 7.2 g | **Fat:** 4.6 g | **Sat Fat:** 0.5 g

Carbs: 42 g | **Sugar:** 4.5 g | **Fiber:** 3.0 g | **Sodium:** 330 mg

Notes

- The dough should feel *soft and slightly tacky*, not dry. Add **1–2 tsp warm water** only if needed.
- Whole wheat absorbs more water → the dough will tighten slightly during rising.
- These buns are sturdy, soft, and hold wet fillings well (burgers, sloppy joes, loaded hot dogs).