

Whole Wheat Hamburger & Hot Dog Buns (Large Bun Version)

全粒粉ハンバーガー&ホットドッグバンズ

Makes 8 large buns



Ingredients

Dough

- 310 ml warm water (38–43°C) めるま湯
- 44 g sugar 砂糖
- 7 g instant yeast インスタントイースト
- 1 medium Japanese egg (46–48 g), room temperature 卵
- 38 g canola oil キャノーラ油
- 350 g Camellia bread flour カメリヤ強力粉
- 225 g Tomizawa Bread Whole Wheat Flour パン用全粒粉 (強力粉)
- 1 T / 8 g milk powder スキムミルク
- 1¼ tsp / 9 g honey はちみつ
- 1½ tsp / 8 g salt 塩

Egg Wash

- 1 medium Japanese egg 卵
- 2 T / 30 g milk 牛乳

Optional Topping

- 1 T / 9 g sesame seeds ごま

Instructions

Mix the Dough

- 1. Prepare the initial mixture.**
Place the **warm water**, **sugar**, **yeast**, **salt**, **milk powder**, **honey**, **250 g bread flour**, and **125 g whole wheat flour** into the bowl of a stand mixer fitted with a dough hook. Mix on low speed until a loose batter forms.
- 2. Add the enriched ingredients.**
Add the **egg** and **canola oil**. Mix on medium-low speed for **1–2 minutes** until incorporated.
- 3. Add the remaining flour.**
Gradually add the **remaining bread flour** and **whole wheat flour**. Continue mixing until a soft, slightly tacky dough forms.
- 4. Knead the dough.**
Increase the mixer speed to medium and knead for approximately **4–5 minutes** until smooth and elastic. The dough should feel soft and supple.

First Rise

- 5. Allow the dough to rise.**
Transfer the dough to a lightly oiled bowl and turn once to coat. Cover and place in a warm location until doubled in size, **approximately 1–2 hours**.
Your warm, humid ofuro drying-room setup is ideal for this step.
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Shape the Buns

6. Divide the dough.

Turn the dough onto a lightly floured surface and divide into 8 equal portions, approximately **125–130 g** each.

7. Shape.

Shape each piece into a tight ball by stretching the outer surface and tucking the dough underneath to create surface tension. Do not flatten the buns.

8. Arrange.

Place 4 buns on each parchment-lined baking tray, leaving adequate space between them for expansion.

Second Rise

9. Proof the buns.

Cover loosely and allow to rise until noticeably puffy and nearly doubled, **approximately 60–90 minutes**.

The buns should feel light and airy when gently touched.

Prepare for Baking

10. Preheat the oven.

Preheat to **190°C**.

11. Apply egg wash.

Whisk together the **egg** and **milk**. Brush the tops gently and evenly.

12. Add sesame seeds.

Sprinkle with **sesame seeds** if desired.

Bake

13. Bake.

Bake for **16–19 minutes**, rotating trays if necessary, until deeply golden brown.

14. Check doneness.

The buns should sound hollow when tapped on the bottom and have an internal temperature of approximately 93–96°C.

Cool

15. Cool completely.

Transfer to a wire rack and allow to cool fully before slicing.

Freezing Instructions

16. Freeze.

Once completely cool, place buns in freezer bags and freeze for up to 3 months.

17. Thaw.

Thaw at room temperature for approximately 1 hour.

18. Refresh (optional).

For best texture, warm briefly in a toaster oven or oven before serving.

Expected Results

Compared with the original version:

- Approximately **20–25% larger finished size**
 - Dough weight increased from roughly **100–105 g** to **125–130 g per bun**
 - Better suited to gourmet-style burgers with multiple toppings
 - Maintains the sturdy texture needed for juicy burgers, sloppy joes, pulled chicken, and loaded hot dogs
 - Retains the whole wheat flavor and nutritional profile of the original recipe
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Nutrition

Per Bun (1 of 8)

Kcal total: **295** | Protein: **9 g** | Fat: **6 g** | Sat Fat: **1 g** | Carbs: **51 g** | Sugars: **6 g** | Fiber: **4 g** | Sodium: **400 mg** | Omega-3: **0.1 g**

Entire Batch

Kcal total: **2,360** | Protein: **72 g** | Fat: **48 g** | Sat Fat: **8 g** | Carbs: **408 g** | Sugars: **48 g** | Fiber: **32 g** | Sodium: **3,200 mg** | Omega-3: **0.8 g**

Notes

- This version preserves the successful flavor and structure of the original recipe while increasing the size to a true gourmet-burger scale.
- The Tomizawa Bread Whole Wheat Flour already contains a high protein level (13.5%), so additional gluten products are not required.
- Maintaining the whole wheat flour at approximately 39% of total flour preserves both flavor and structural integrity.
- The increased hydration helps compensate for the higher whole wheat content and supports better oven spring.
- These buns are intentionally sturdy rather than brioche-soft and are designed to hold substantial fillings without falling apart.
- This recipe works equally well for hamburger buns or larger hot dog rolls.
- For an even softer bun, substitute 20 g of the water with whole milk, though this is not necessary for excellent results.