

BRIOCHE HAMBURGER BUNS

F HARD

Last Modified: 02/01/2016

PREP: 13+ Hrs
COOK: 30 Min
OVEN: 350

BREADS

MAKES 12 LARGE BUNS

QUA	MEASURE	INGREDIENT	PROCESS
SPONGE			
1	Large	Egg	Beaten
2 1/4	Tsp	Active Dry Yeast	
1	Cup	All Purpose Flour	
PLUS			
1	Cup	All Purpose Flour	
1/3	Cup	Whole Milk	Warm
DOUGH			
1/2	Cup	All Purpose Flour	
PLUS			
1/2	Cup	All Purpose Flour	
1/3	Cup	Granulated Sugar	
1	Tsp	Kosher Salt	
4	Large	Eggs	Beaten
1 1/2	Sticks	Unsalted Butter	Room Temp
1	Large	Egg (Glaze)	Beaten
OPTIONAL			
		White Or Black Sesame Seeds	
		Poppy Seeds	
		Parmesan Cheese	Shredded
		Yellow Onion	Thin Sliced
PREPARATION			
FACTOID	These buns slice like cake. So rich. So buttery. So delicious. Once toasted or grilled, they can handle those thick juicy burgers or grilled whole Chicken Breasts and all associated condiments without falling apart before you finish eating what's inside.		
TOOLS	1) Stand Mixer & Paddle Head & Dough Hook Head 2) Pastry Scraper 3) 2 - Aluminum Half Sheet Pans		
HINTS	DOUGH PROOFING: An easy, sure way to "proof" (i.e. Raise in a warm place) Bread Dough's is outlined in the Bread Proofing box in Ron's Gold Plated Cooking Factoids.		
PREP	SPONGE 1) Beat the Egg until there are no white streaks visible and set it aside. 2) Heat the Milk in the microwave until it is warm.		
PREP	DOUGH 1) Beat the 4 Eggs until there are no white streaks visible and set them aside..		

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1	The Day Before: In the bowl of the stand mixer with the paddle head on low speed, add in the Egg, Yeast, 1 cup of Flour and the Warm Milk. Remove the mixing paddle and scrape off the Dough, shake the mixing bowl to settle the sponge mixture. Sprinkle the second cup of Flour evenly on top of the Sponge mixture. Let it rest, uncovered, for 30 to 40 minutes. When the Sponge is ready, you will see that the Flour coating has cracked.
2	The Day Before: In the bowl of the stand mixer with the dough hook head. Pour 1/2 cup of Flour, Sugar, Salt, and 4 beaten Eggs on top of the Sponge. Set the bowl into the mixer. Mix it on low speed for 2 minutes until the Dough starts to come together. Add the second 1/2 cup of Flour and mix on medium speed for 15 minutes, stopping to scrape down the sides of the bowl as is needed.
3	The Day Before: During this time, the Dough will be very sticky. If it appears too wet and soft, you can add a little more Flour to it, up to 3 to 4 tablespoons. If the Dough releases itself (wraps itself around the dough hook and slaps the sides of the bowl like it's Larry & Curly), you're doing it right.
4	The Day Before: After the 15 minutes have elapsed, the Dough should be clinging tightly to the dough hook. Continue to mix on medium speed while gradually adding 1 1/2 sticks of softened Butter to the Dough, 1 to 2 tablespoons at a time. Allow about 1 minute or so between each addition. The smooth Dough may look like it is on a verge of falling apart, but pretend you're not concerned and continue to mix. Everything will be okay once all of the Butter is fully incorporated. You will again see a soft smooth Dough that clings to the dough hook and slaps the sides of the bowl passionately. Let it mix for a couple more minutes.
5	The Day Before: Transfer the Dough from the mixer bowl to a greased mixing bowl. Cover it tightly with plastic wrap and let the Dough rise in a warm place for 2 hours.
6	The Day Before: After the first rising, deflate the Dough gently. Replace the plastic wrap and refrigerate the Dough for at least 6 hours (overnight). After the chill, the Dough is ready to be shaped.
7	45 Minutes Before: With lightly floured hands, shape the Dough into a long, thick log. Cut the Dough Log into 12 equal pieces with a pastry scraper (halve the Log, halve it again, etc.). (You want to work quickly as the Dough is the easiest to handle when it's still cold). Roll each piece into round balls with your hands. Place the balls on two large parchment lined sheet pans, allowing at least 1 inch of space around each of the balls. Flatten them with your palm until they become 1/4 inch thick round discs that are about 4 to 4 1/2 inches in diameter. Cover the Dough Discs with kitchen towels and let them rise once again for 45 minutes.
8	Preheat the oven to 350 degrees. Glaze the Dough Balls with one beaten whole Egg. You can sprinkle some Poppy or Sesame Seeds on the glazed Buns, if desired. To keep the seeds in place, re-glaze the Buns with the Egg wash after the Seeds have been sprinkled. You may also at this time, using a very sharp knife, cut cross hatches, dashes or curves very lightly into the surface of the balls (Make it YOUR Mark).
9	Bake the Buns for 20 to 25 minutes until golden brown, rotating and switching the sheet pans once to ensure even browning. When the Buns are done, they should sound hollow when lightly tapped. Transfer the finished Buns to a cooling rack and let them cool under kitchen towels. Use right away or freeze for later. These Buns do freeze beautifully.
SERVE	Slice the Bun in half, and spread it lightly with Butter, grill until browned or Toast and spread it lightly with Butter. Place the Bun top on the Hamburger during the last couple of minutes of cooking time to warm the Bun (Cheese WILL stick).