

All Purpose Buns - Step by Step Instructions
“Best of Gluten Free Homestyle Cooking” Cookbook
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Here are the step by step instructions for making All-Purpose Buns - **recipe on page 54 of our cookbook**. Hopefully it will help those that have been having problems.

Over the years, I have tried many different methods in an attempt to make a good hamburger or sandwich bun. I've used English muffin rings on cookie sheets, muffin tin pans, mini springform pans, small bowls, canning jar lids, etc. etc. etc. None produced the results I was looking for. When I came across the hamburger bun pans, I knew I would never use any other method again. They work perfectly. I have had my pans for about 15 years and they are still in very good shape. Each pan has 6 cavities, I have two pans because the recipe is portioned for 12 buns. Search online for hamburger buns pans. Read the specifications carefully on the website. The pans need to be at least 1" deep. Some are only ½" deep and which are also called Muffin Top Pans, but they will not work for our gluten free buns. Here are links for two suppliers.

www.kingarthurflour.com/shop/items/hamburger-bun-and-mini-pie-pan
www.goldaskitchen.com/ca/hamburger-bun-pan-non-stick.html

I also discovered that I had the best (and quickest) results by using a Seedling Heat Mat for rising the buns (or bread). Check at your local Nursery or Greenhouse stores. Here is a link to one online supplier.

www.ttseeds.com - then search accessories - seed starting aids.

They reach a temperature of about 80° F. Mine is about 20" x 20" (about 50 cm x 50 cm) and is big enough for both pans. I have tried other methods of rising dough, but the heat mat is still my preferred. If you have your own method for rising dough, you may have to adjust the rising time, to more than 30 minutes, as stated in the recipe.



It may seem like a large investment to buy hamburger bun pans and a heat mat but remember it is a long-term investment. I have used mine now for over 15 years. More importantly, it has made my life so much easier having equipment that reduces my time in the kitchen and makes a good bun. The buns are soft and do not crumble. They work well for an all-purpose bun, not just for hamburgers. I freeze mine the same day they are made, when they are completely cool. Microwave one bun on high for 35 seconds to thaw. Your microwave may be different, increase the time as needed.

I use premium flours because it makes a huge difference to the end product. I also use instant or quick rise yeast. If you are using a different kind of yeast, the buns may take longer to rise than the 30 minutes as stated in the recipe.



Step 1

The first step in the recipe says to preheat the oven. I start most of my recipes that way, so that no one forgets to have the oven ready to go when needed. But, usually I turn my oven on when the buns start to rise, giving the oven 30 minutes to preheat.

The first thing that I do is plug in the heat mat and put the bun pans on top to get everything warmed. I also put tea towels on the counter under my heat mat, as my counter is quartz and is very cold. Quartz and granite countertops are so cold that they prevent the heat mat from reaching temperature. But, tea towels on the counter will solve the problem.



Step 2

Grease the pan cavities with canola oil. I use a gluten free spray canola, one quick spray in each cavity is enough. DON'T OVERGREASE. Use a brush to grease the entire cavity, including the sides. If the dough sticks to the sides it can deflate the buns when they are removed from the pan. Think of the dough as being very fragile so you are a little more cautious with it. You can't treat the dough rough as if it were wheat buns.



Step 3

Measure the dry ingredients into the stand mixer bowl. I add the package of yeast last, just before mixing the dry ingredients together. Next prepare the liquid ingredients according to the recipe. Put the eggs in a bowl of warm tap water to bring to room temperature, about 2 minutes is enough. Melt the butter in the microwave on high, about 20 seconds if the butter is soft, longer if frozen. Microwave the water for 2 minutes on high.



I have two 4 cup glass measuring cups and always heat a little more than 2 cups of water in the first one. I use a scale to measure 475 g into my second measuring cup so I know I have exactly the correct amount of water for this recipe. Refer to page 55 in the cookbook to further explain how to measure water. I use the remaining warm water to wet my fingers while smoothing the dough.

Step 4

Follow the recipe to beat the ingredients together. When finished beating, the dough will be soft like a thick cake batter.



Step 5

Raise the beater, leave the batter as is, and cover the mixer bowl with a tea towel to keep warm and free of drafts. Let sit for 10 minutes. This is the first rise. It gives the quick rise yeast a chance to start working.



Step 6

After the first rise, lower the beater and mix for about 20 seconds. Remove the bowl and scrape the sides with a spatula to gather the dough into a ball.



Step 7

Fill the 12 pan cavities equally. I use a spring-loaded scoop because it works so much better than a spoon as the dough is sticky to work with. Don't overfill the scoop or you won't have enough batter for all twelve. Use a #10 scoop (2.5" diameter) which is about 6 Tbsp. or a #8 scoop (2.8" diameter) which is about 7½ tbsp. Fill the #10 scoop just to the top but for the #8 underfill it slightly.



If you are short batter in a cavity, use wet fingers to move some batter from another cavity to another.



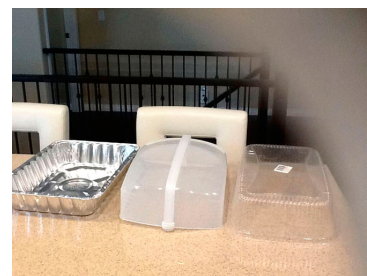
Step 8

GENTLY smooth the batter down with wet fingers. Don't try to get the batter all the way to the sides of the pan, just close. You don't want to push the dough down just flatten it gently to fit in the pan. I use the front of my fingers, then the back using a light pressure.



Step 9

Cover the pans with a "proofing box". This can be any top or lid that will fit over the pans. It must be high enough to allow the buns to rise without touching. The idea is to create a proofing box for the buns to rise in a warm, draft free area. I use clear plastic lids from rectangular disposable serving trays. Tupperware has a cupcake transporter that has a lid that fits. A foil pan will work but is very slippery on the bun pan, you have to be careful that the foil doesn't bump the dough or it will deflate. Try pulling the sides of the foil out and over the bun pans to keep the foil away from the dough. Be creative, you may already have something in your house that would work.



Step 10

If you haven't already started the oven, then do it now. Preheat the oven to 375° for a regular oven or 350° for convection bake. Leave the buns to rise for 30 minutes OR UNTIL DOUBLED IN BULK.



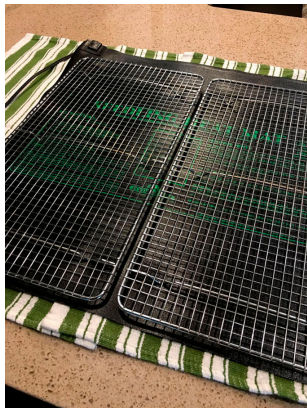
Buns after 15 minutes rising



Buns after
30 minutes
rising

Step 11

Put the buns in the preheated oven. Then, put the cooling racks on the heat mat to warm them. Putting the buns on cold cooling racks will shock them and they could deflate. I like to let the buns cool off gradually.



Step 12

I bake the buns with convection bake at 350° for 22 minutes. For a regular oven bake for 20 -22 minutes until golden brown. Adjust the time based on your oven, you may need more or less time. When baked, don't remove the pans immediately. Open the oven, pull the rack out and let the pans sit on the rack for one minute. This will help them adjust to a cooler temperature.



Step 13

Remove pans and carefully remove the buns, one at a time, to the cooling racks. Don't puncture the buns or turn the pan upside down to unmold all of them onto the counter, as they will deflate. Let the buns cool on the cooling racks until completely cool. I leave the heat mat plugged in for at least the first 15 minutes of cooling time.



Step 14

When completely cool, I freeze the buns in large freezer bags, 4 per bag.



Timesaver Tip

To save time, I make up several packages of dry ingredients to store in the freezer. This saves time when making buns. Measure all the dry ingredients, except the yeast, into a large freezer bag. Remove the air from the bag, seal tightly and put into a brown paper lunch bag. Write on the brown bag, Buns - need yeast. This is a reminder to not forget the yeast when you do make buns. Remove the brown bag from the freezer well before you start the buns. The dry ingredients will be very cold and they need time to warm up to room temperature.



What About Bread?

This recipe can also be used to make bread although the portions are specifically for 12 buns. It's too much batter for a 9" x 5" bread pan but if you have a larger bread pan (about 10"), you could make it in one loaf. Or, you can divide the dough equally into two 8 1/2" x 4 1/2" bread pans. The bread slices will be about the same size as most store bought gluten free bread.

Be sure to let the dough rise until double in size before cooking, probably 45-60 minutes on the heat mat. Bake time will vary but will take about 40-50 minutes in a 375° oven, possibly longer if all the dough is in one large pan.

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