

Savory Buns

Recipe By *Brynie Greisman*



Cooking and Prep:  2 h

Serves:  18

Contains:     

Preference: Parve

Difficulty: Medium

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

A healthful alternative to hamburger buns. Fill these with anything from cheese to tuna to turkey or pastrami. You will m-m-m your way through every bite.

That's what we did!

Ingredients (15)

Buns

- 5 and 1/2 - 6 cups whole wheat pastry flour (70%)
- 4 and 1/2 teaspoons **Gefen Dry Yeast**
- 1 and 1/2 tablespoons sugar
- 1 tablespoon **Haddar Kosher Salt**
- 1/8 teaspoon white pepper
- 1 cup lightly sweetened soy milk like **Gefen Vanilla Soy Milk**

- 1 cup water
- 2 tablespoons oil
- 1 tablespoon mustard
- 2 tablespoons onion, minced
- 1 egg
- 1 egg, slightly beaten

Topping

- 1/4 cup boiling water
 - 3 tablespoons onion, minced
 - black sesame seeds
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Start Cooking

Prepare Buns

1. In a large mixing bowl, combine three cups of flour, yeast, sugar, salt, and pepper. Mix well.
2. Heat soy milk, water, and oil until warm, and add to flour mixture.
3. Add mustard, minced onion, and egg. Blend at low speed until moistened.
4. Gradually stir in enough remaining flour to make a firm dough. Continue kneading for five to seven minutes, until dough is smooth and elastic. Place in a greased bowl, turning to grease top, and cover. Let rise for 50 minutes, or until doubled.
5. Punch down dough and divide into three parts. Divide each third into six pieces. Shape each piece into a smooth ball, tucking ends under.
6. Cover; let rise until doubled, about 20–30 minutes.
7. Halfway through rising time, preheat oven to 375 degrees Fahrenheit (190 degrees Celsius).
8. While rolls are rising, combine boiling water and three tablespoons minced onion for topping, and let stand.
- 9.

Combine onion mixture with slightly beaten egg. Brush tops of rolls with the mixture, scooping up onion as you do so. Sprinkle with black sesame seeds.

10. Bake for 15–20 minutes until golden brown.

Note:

If using a significant amount of flour, don't forget to do *hafrashat challa*.

For information about taking *challa*, see this article <http://www.kosher.com/lifestyle/article/17/all-about-hafrashas-challah>

Variation:

These buns have a mild mustard flavor. If you prefer a more dominant flavor, use two tablespoons mustard.

Credits

Photography: Daniel Lailah.

Food Styling: Amit Farber.