

## - BUNS 'filling Idea' -

brunch+lunch > Buns 'filling Idea'



make **8**, ready in about **40min**  
1h30min proofing dough + 10min for cooling

### Shopping LIST:

**500g** flour, **7g** dry yeast, **1 spoon** of sugar, **1tsp** salt.  
**250ml** lukewarm water, 2 spoons olive oil, **2 spoons** of honey, **1 egg** (beaten), *poppy* or *sesame seeds* (to sprinkle on top).

*Filling idea:* cream cheese, smoked salmon, a little lemon juice and white onion.

### Method:

- In a large bowl, mix **500g flour**, **7g** dry yeast, 1 spoon of sugar and **1tsp** salt. Add **250ml** warm water and **2 spoons** olive oil and knead all the ingredients for **8** minutes, until a smooth and elastic dough is obtained. Cover the bowl and let the dough rise for **1 hour** in a warm place.
- Sprinkle flour over the dough, turn it out onto a floured surface and then use your hands to form into a round. Divide the dough into **8 equal** portions and form each into a round. Dust the both sides of the bun with a little extra flour, cover again and let it rise for **30 minutes**.
- Preheat the oven to **180°C fan**, place a roasting pan filled with water at the bottom of the oven and line a tray bake tin with baking sheet. Fill a large saucepan with **1L** water, add **2** spoons of honey, a pinch of salt and bring to the boil. With the help of a strainer spoon, carefully immerse the portioned buns in boiled water for **30-40 seconds**, turn around after and immerse for another **30-40 seconds**. Drain the buns of water and place them on the prepared baking sheet. Beat **1** egg with 2 spoons of water and brush over the buns, then sprinkle poppy or sesame seeds.
- Place the buns in the oven, bake for **20 minutes**, or until golden brown. Set on a wire rack to cool.

Fill with cream cheese, smoked salmon, a little lemon juice and white onion.



"bon appétit"

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