

# What geeks eat...

A food blog about foraging, cooking, eating, and thinking in Wisconsin.

## Vanessa's Burger Bun

1 cup water  
1 cup whole milk  
2 teaspoons yeast  
1/2 cup melted butter  
2 eggs  
1 teaspoon of sugar  
2 teaspoons salt  
1 cup whole wheat flour  
Unbleached white flour

Place all of the ingredients, except for the white flour, to the bowl of a stand mixer. Using a paddle attachment mix well on medium low until well combined and no longer lumpy. Begin to add the white flour slowly, adding 1/2 cup or so at a time with the mixer running on a low speed. Once the dough clears the sides of the bowl you can stop the mixer, scrap the dough off the paddle and fit the dough hook onto the mixer. Let the mixer work the dough on a low speed for 7 - 10 minutes. The dough should be very sticky. Once the dough has been worked well you can stop the mixer, remove the dough from the bowl, coat the inside of the bowl with a thin coat of olive oil and then place the dough back into the bowl, cover it with saran wrap and let it rise for at least 6 hours in the refrigerator, overnight is okay too.

2 hours before you want to bake the buns remove the dough from the refrigerator and roll it into a big fat cylinder, the diameter of which will be the diameter of the buns. Slice the dough into pieces remembering that the thickness of the piece determines the thickness of the bun which will need to be split through the middle after baking.

Arrange the buns on a cookie sheet lined with a silpat. I arranged them so that they would touch each other after their last rise and bake. Now cover them with a clean towel and let them rise for an hour.

Preheat the oven to 375°F. Bake them until they are golden brown and their internal temperature is at 210°F, mine took about 10 minutes.