

Whole Wheat Buttermilk Sandwich Buns

Soft and delicious homemade whole wheat flour tortillas, perfect for fajitas or soft tacos! Yield:

Fluffy homemade whole wheat buns with sesame seeds on top (can be made with white flour also)

Yield:

12 buns

Ingredients:

1/2 cup warm water

1 cup buttermilk, warmed*

2 teaspoons salt

1 egg

1 tablespoon oil or butter

1 tablespoon honey

1/4 cup dough conditioner**, optional

3 3/4 to 4 1/4 cups whole wheat bread flour

1 tablespoon dry yeast

Egg wash ingredients:

1 egg white

1 teaspoon water

Sesame seeds, for sprinkling

Instructions:

1. Combine water, buttermilk, honey, salt, egg, and oil in large mixing bowl. Stir to mix.

2. Add the dough conditioner, 3 cups of the flour and the tablespoon

of yeast to bowl and mix. Continue mixing and add more flour as needed,

until a thick dough starts to form. Knead with clean hands, adding more flour as needed until dough is smooth (should take about 4 1/4 cups of whole wheat flour).

3. Place dough in a large bowl with a little oil in the bottom; turn dough to grease all sides. Cover the dough with a clean towel and let rest for 20 minutes, OR, let rise in a warm place until doubled and then gently deflate.

***See additional notes for making this even easier using a stand mixer or bread machine!

4. Grease a 10×15-inch baking sheet. On a lightly-floured surface, divide dough into 12 equal pieces. Form each piece into a flat 3-inch circle/disc. Place evenly on baking sheet. Lightly grease tops. Cover and allow to rise in a warm place until nearly doubled.

5. Preheat oven to 400 degrees. Lightly beat the egg white with 1 teaspoon of water. Gently brush tops of buns with the beaten egg white mixture and sprinkle with sesame seeds if desired.

6. Bake for 15-20 minutes, until done. Check after 12-14 minutes; if tops are getting too browned, lay a sheet of foil lightly on top to prevent excess browning.

7. Remove buns from baking sheet and allow to cool on a wire rack, covered with a clean cloth. You can slice the buns after

they've cooled slightly, or, allow to cool completely before slicing. Serve warm or cold with your favorite sandwich fillings! ☐



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This recipe is from Tammy's Recipes.