

Fate Burger Buns

Ingredients

500g Fate Low Protein All-Purpose Mix

1 sachet of yeast (enclosed with the mix)

2 teaspoons salt

120ml oil or 50ml for a lower fat version

450ml very warm water

Extra Fate All-Purpose Mix for shaping

Few drops suitable gravy browning



Method

1. Preheat the oven Gas Mark 6/200°C/400°F.
2. Place the Fate All-Purpose Mix into a bowl. Stir in the yeast and salt.
3. Measure the oil and warm water into a jug.
4. Add a few drops of gravy browning if liked.
5. Pour the oil and water mixture onto the dry ingredients and immediately start mixing using a whisk to quickly blended together.
6. It will be runny to start with, but after about 20 – 30 seconds, the mixture will thicken. Then mix very gently for about 1 minute. It should be smooth and silky. Leave to rest for a couple of minutes.
7. Place a piece of cling film onto your scales. Sprinkle it with a little extra Fate All-Purpose Mix. Also, dip your hands in Fate All-Purpose Mix to dust well.
8. Using a large spoon, take a heaped spoonful of the bread mixture and place it onto the cling film on the scales.
9. For a burger bun, you need to weigh about 100g. (You do not have to be too precise about the weight, just so long as they are within 10g of each other.) This ensures that rolls on the same tray will need the same cooking time.
10. Using the cling film to help you, transfer the mixture into your other (dusted) hand, and gently pass the mixture from one hand to the other, once or twice until the surface is smoothed, and a round ball is made. You do not have to press or knead the mixture at all.
11. Place the rolls onto a greased baking tray, and press down slightly to make the top flat.
12. Place the baking tray into a large polythene bag, and tie the ends up, trapping enough air so that the polythene is lifted well above the burger buns. Leave in a warm place to prove until double in size. Bake for around 30 minutes until golden brown.
13. Transfer to a wire rack to cool.
14. The burger buns freeze very well.
15. Defrost and warm through in a warm oven or microwave as needed and serve with Fate burgers.

