

Whole Wheat Batter Burger Buns

Ingredients

4 cups whole wheat pastry flour, divided
2 Tablespoons raw brown sugar
2 Tablespoons dry yeast
1/4 (one-quarter) teaspoon salt
1/2 (one-half) cup dry skim milk powder or soy milk powder
2 cups warm water
2 Tablespoon corn oil
1 egg or soy egg substitute

Method

In a large bowl, combine two cups flour, sugar, yeast, and salt. Mix well. Add milk powder, warm water and oil to mixture and beat well for five minutes. Add egg and mix well. Add remaining flour to make a stiff dough. Cover with a warm, damp towel and let rise in a warm place for thirty minutes. Punch dough down. Divide into twelve equal portions. Shape into balls and roll in sesame seeds, if desired. Place on ungreased baking sheets leaving one inch between rolls. Flatten slightly. Allow to rise for thirty minutes. Bake in preheated 350 degree oven for twenty minutes or until golden brown. Yields twelve burger buns.