

PRETZELS, HOT DOG & HAMBURGER BUNS

F EASY

Last Modified: 02/09/2016

PREP: 1 Hr 30 Min

COOK: 15 Min

OVEN: 425

BREADS

MAKES 8 HOT DOG OR 6 HAMBURGER BUNS OR 16 PRETZELS

QUA	MEASURE	INGREDIENT	PROCESS
1	Cup	Whole Milk	
1/2	Cup	Water	
2	Tbsp	Honey	
1	1/4 Oz	Packet Dry Active Yeast	
1/4	Cup	Light Brown Sugar	Packed
2	Tbsp	Unsalted Butter	
2	Cloves	Garlic	Minced
3	Cups	All Purpose Flour	
PLUS			
		All Purpose Flour	Dusting
1	Cup	Bread Flour (Caputo Red Bag 00)	
1/2	Cup	Baking Soda (Yes, It's Right)	
1/3	Cup	Granulated Sugar	
?	Pinches	Coarse Kosher Or Sea Salt	

PREPARATION

FACTOID	Pretzel Hamburger Buns are EXPENSIVE (4 for the price of 8 regular Buns), make these one time & you will understand why! These Buns are indeed pretzel-like in texture and look. This Dough can also be hand rolled into long thin strips and looped into a traditional Pretzel shape (See Pictures).
TOOLS	<ol style="list-style-type: none"> 1) Medium Mixing Bowl 2) Instant Read Thermometer 3) Small Saucepan 4) Medium Saucepan 5) 4 - Aluminum Half Sheet Pans 6) 2 - Silicone Baking Mats 7) Stainless Steel Stock Pot (Non-Reactive) 8) Stand Mixer & Paddle Head
HINTS	DOUGH PROOFING: An easy, sure way to "proof" (Raise in a warm place) Bread Dough's is outlined in the Bread Proofing box in Ron's Gold Plated Cooking Factoids.
PREP	DISH 1) Mince the Garlic Cloves and set them aside.
1	In a small saucepan over low heat, warm the Milk, Water, Brown Sugar and Honey to 105 to 110 degrees while stirring. NO HOTTER or you will kill off the Yeast. Make certain that the Sugar has completely dissolved. Add the mixture to the bowl of a stand mixer with the paddle head. Sprinkle the Yeast Packet over the Milk Mixture and wait for at least 10 to 15 minutes until the Yeast blooms (bubbles nicely).
2	In a separate saucepan over medium heat, add in the Butter and Garlic and cook it until the Butter has melted and the Garlic is fragrant, 2 to 3 minutes.

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3	Combine the All Purpose Flour and Bread Flour in a medium mixing bowl. Add the Flour Mixture into the stand mixer bowl with the Blooming Yeast, and then add in the Butter Garlic Mixture. Start the mixer on low speed and once the mixture just starts to come together (The dreaded kitchen flour cloud danger is past) increase the mixer speed to medium and continue mixing until the Dough has come together and is smooth, elastic in texture and is pulling away from the sides of the bowl, 5 to 7 minutes.
4	Line 2 sheet pans with silicone mats. Turn the Dough out onto a lightly floured cutting board and form it into a large smooth ball. HOT DOG BUNS: Cut the ball in half, and cut each half in half, and then cut those in half to form 8 equal sized pieces. HAMBURGER BUNS: Cut the ball in thirds, and cut each third in half to form 6 equal sized pieces. PRETZELS: Cut the ball in half, and cut each half in half, and cut each quarter in half, and then cut those in half to form 16 equal sized pieces. Using your hands, roll each piece into a ball and place onto a prepared sheet pan. Cover with a tea towel and let them rest in a warm place for 12 to 15 minutes.
5	HOT DOG BUNS: Once rested, lightly dust your work surface again and roll the Dough Balls lightly into 7 inch long logs. Place them onto the other prepared sheet pan, cover, place them back in the warm spot and let them rest for an additional 30 minutes.
OR	
5	HAMBURGER BUNS: Once rested, lightly dust your work surface again and re-roll the Dough Balls lightly into 4 inch balls, press lightly to flatten slightly. Place them onto the other prepared sheet pan, cover, place them back in the warm spot and let them rest for an additional 30 minutes.
OR	
5	PRETZELS: Once rested, lightly dust your work surface again and roll the Dough Balls lightly into 12 inch long strips. Holding each strip by the ends, place the middle of the strip onto the other prepared sheet pan and then twist the ends into the traditional pretzel shape (See Pictures). Cover, place them back in the warm spot and let them rest for an additional 30 minutes.
6	Preheat the oven to 425 degrees. Placing one oven rack high and one low. Line 2 more sheet pans with parchment paper.
7	In a stock pot over medium high heat, bring 8 cups of Water to a boil, and then add in the Baking Soda and stir until completely dissolved. One at a time, place each piece of Dough in the Soda Water and cook them for 30 seconds on each side.
8	Using a slotted spatula, carefully remove the Dough from the water and place them onto the prepared baking sheets. Sprinkle the tops liberally with Coarse Salt as they come out of the water, to ensure that the Salt sticks. Then cut 3 very shallow diagonal slits across the top of each Bun - do NOT slit the Pretzel tops.
9	Bake the Buns for 10 to 13 minutes or the Pretzels for 8 to 11 minutes, rotating and switching the sheet pans between the top and bottom racks of the oven halfway through the baking process WATCH CLOSELY, so they do not get too brown.
SERVE	Allow them to cool completely before serving.