

## Soft Sandwich Buns- 100% whole wheat

100% whole wheat sandwich buns are here made with the simplest of ingredients leavened with a natural sourdough: *whole and malted wheat flour, water, and salt*. A good breadmaking whole spelt wheat flour makes a pleasing bread bun, without any other ingredients. The crumb color and texture will vary when other types of wheat are used and depending on the protein content of the wheat.

Steaming makes these buns soft and with a thin shiny crust.

*Ingredients for 12 oval buns, 3 x 4 inches, based on 500 grams whole wheat flour.*

Ingredients	Grams	Bakers per cent
100% whole wheat flour	500	100
Base wheat malt flour*	25	5
Salt	7.5	1.5
Water at 86°F (30°C)	300 - 350	60 - 70
Mature whole wheat barm sourdough starter**	50	10

\*Base wheat or rye malt grain with diastatic power greater than 100 (degrees Lintner/ pound of grain) is available from micro-brewing supply houses. Grind to whole malt flour using home grain mill.

\*\* See whole wheat barm and sourdough recipes at [www.wholegrainconnection.org](http://www.wholegrainconnection.org)

### Method

[] In mixing bowl, mix flour and malt.

[] In a separate container add water and dissolve salt. Add mature barm sourdough. Mix well and add the water-mixture to flour-mixture in mixing bowl. *Use smaller amount of water for first attempt. Note the amount of water used, for future reference. The goal is a medium stiff, smooth, and workable dough.*

[] Mix well until ingredients are completely and smoothly incorporated. Compact the dough and leave to ferment in a covered container, at 86°F (30°C) for 4 hours.

[] Punch dough down and knead briefly, to finish dough development. Divide into 12 equal-weight pieces. Round dough pieces and cover them with a moist cloth. Rest at 86°F (30°C) for 15-30 minutes.

[] Preparation for final rise depends on the planned use of either a stove top steamer or steam-baking in a combi-oven:

• **For stove top steaming in bamboo steamer**, place rounded dough pieces on individual 3 to 4-inch squares of baking parchment paper. Gently press into an oval shape with fingertips, keeping thickness of a half inch. Cover with a moist cloth and leave for final rise at 86°F (30°C) for 2 hours.

• **For combi-oven steaming on perforated or plain sheet pans**, place 12 rounded dough pieces on a half-size sheet-pan (18 x 13 inches) lined with baking parchment paper. Gently press-stretch dough pieces into an oval shape with fingertips, keeping thickness of a half inch. Cover with a sheet of baking parchment and a moist cloth. Leave for final rise at 86°F (30°C) for 2 hours. *Note: the cover of parchment paper maintains a continuous shiny crust on top of buns and is kept in place during the oven steaming.*

[] Steam cooking either in stove top steamer or in combi-oven:

• **For stove top steaming in bamboo steamer**, bring water to a boil below a Chinese bamboo steamer. Check water level frequently and replenish water when needed throughout cooking time.

Remove steamer tray and arrange buns on parchment paper on the steamer trays, with enough space to allow steam circulation. Replace steamer tray or basket on steamer. Steam vigorously for 30 - 60 minutes. *Buns are done when they no longer retain an indentation and are springy to the touch. If buns are pasty in texture rather than simply soft, the cooking time was not long enough.*

Remove steamer tray or basket from steamer before removing the buns to a cooling rack.

• **For combi-oven steaming on sheet pans**, set combi-oven to 100% steam at 350°F; usually there is no need to preheat oven. Set timer for 30 minutes to start when oven reaches 350°F.

Remove wet cloth from risen buns but leave the parchment paper cover in place. Place baking sheet on rack in center of oven. Steam-bake for 30 minutes after temperature of 350 °F is reached. *Buns are cooked when they no longer retain an indentation and are springy on touching. If buns are pasty in texture rather than simply soft, the cooking time was not long enough.*

[] Cool buns on a rack after removing parchment paper.

[] Serve fresh buns after cooling for at least 45 minutes.

Or allow buns to cool completely. Store in a closed container at normal room temperature, between paper towels. Slice in half and lightly toast before serving.