



BURGER

Ingredients

Burger Bun Dough

- 280 g (9.87 oz) Cake Wheat Flour*
 - 75 g (2.64 oz) Milk
 - x2 (100 g / 3.5 oz) Eggs
 - 35 g (1.23 oz) Unsalted Butter
- 80 g (2.8 oz) Sourdough Starter
 - 96 g (3.38 oz) Tangzhong
 - 6 g (1 tsp / 0.21 oz) Salt

Egg Wash

- x1 (50 g / 1.76 oz) Egg
- 5 g (1 tsp / 0.17 oz) Milk

Patties

- 1.12 Kg (2 lb 7.5 oz) Minced Beef
- (To Taste) Black Pepper
- (To Taste) Salt

Toppings

- x1 (120 g / 4.2 oz) Onion
- x1 (100 g / 3.5 oz) Tomato
- 120 g (4.2 oz) Cheddar
- 40 g (1.4 oz) Tomato Paste

Greasing / Frying

- 15 g (1 Tbsp / 0.5 oz) Vegetable Oil
- 60 g (2.1 oz) Unsalted Butter

MAKES 4 LARGE BURGERS

Directions

Prepare Your Sourdough Starter - The Night Before

1. In your container, mix in 10 g (0.35 oz) of *Mature Starter*, 40 g (1.4 oz) of *Cake Wheat Flour** and 40 g (1.4 oz) of *Water*.

Make Your Tangzhong

1. In a pot, add in 20 g (0.7 oz) *Cake Wheat Flour**, 24 g (0.85 oz) *Water* & 52 g (1.83 oz) of *Milk*.

2. Place your pot on your stove top & set it to *medium heat*.
3. Constantly stir your mixture for *1.5 - 2 minutes* until it forms a **thick paste** & move it to a bowl. Your *Tangzhong* is now ready.

Burger Bun Dough Mix

1. In a bowl, add in your **Burger Bun Dough's Cake Wheat Flour***, *Water, Milk, Egg, Salt & Sourdough Starter*. Gently mix those ingredients together for *1 minute*.
2. Add your *Tangzhong* and continue mixing for *2 minutes*.
3. **Then** - add your softened *Unsalted Butter* & mix the dough for *4 minutes* or until fully incorporated.
4. Cover your bowl with a damp cloth and let it rest for *15 minutes*.

Stretch & Folds

1. **Begin stretching & pulling** *all sides* of the dough over itself until you reach *1 full rotation* - Cover bowl.
2. Let it rest again for *15 minutes* & repeat this process *twice more* for a total of *3 stretch & folds*.
3. Cover your bowl once again with a damp cloth and let it rest for *2 hours*.
4. When that timer is complete, move your bowl to your fridge to rest overnight.

Shape Your Buns

1. Place your dough onto your work surface and cut it into *4 equal pieces*, roughly **150 g (5.3 oz)** each.
2. **Stretch & fold** all corners of an individual piece over itself and then shape it into a ball using your palms, *stretching its sides under itself* - Repeat with all remaining dough pieces.

Second Day Proof

1. **Generously** grease a baking tray with **15 g (1 Tbsp / 0.53 oz)** of *Vegetable or Olive Oil*.
2. Transfer your shaped buns to the tray, making sure they are *evenly spaced out*.
3. Invert an *equally sized* baking tray** and place it on on top of your buns.

4. Move your baking tray into your oven to proof at **26°C (78.8°F)** for **2 hours**.
- To reach this temperature, simply turn your cold oven's light on.

Bake Your Burger Buns

1. When the 2 hour proof is complete, remove your buns from the oven before preheating it to **200°C (392°F)**.
2. In a bowl, mix in your *Egg Wash's Egg & Milk* and use a brush to coat the surface of your buns with the mixture.
3. Once preheated, *remove the top baking tray* and move your buns into a medium to high rack to bake for **18 minutes** or until golden brown.

Cook Your Patties & Toppings

1. Season your *Minced Beef* with *Salt & Pepper* to taste & shape it into **280 g (9.87 oz) Patties**.
2. Slice your an entire *Onion* & **30 g (1 oz)** of *Cheddar Cheese* per *Patty*.
3. Place a pan on your stove and set it to **medium heat**, adding **20 g (0.7)** of *Unsalted Butter*.
4. Fry your *Onions* for **2 minutes**.
5. Add your *Patties* & fry for **3 minutes** on one side, flip it over and then add your sliced *Cheddar* onto your beef - Cover with a large lid and continue cooking for **3 minutes** before removing your *Onions & Patties*.
6. Continue cooking all remaining *Patties* for **3 minutes** on each side.
7. Halve your buns & toast them in your pan with **10 g (0.35 oz)** of *Butter* each.

Assemble Your Burgers

1. Coat your bottom Bun with *Tomato Paste**, add your *Patty*, slice of *Tomato* (seasoned with *Salt & Pepper*), *Caramelized Onions* & top half of your *Bun*.



ENJOY!