

GOURMET FISHING

Season II - Episode V



INFO-SHORTS



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Homemade Buttery Buns



Host, Chef & Guide, David Murray





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Grocery List

Yeast

Warm Water

Sugar

All-Purpose Flour

Eggs

Melted Butter

Salt

Oil

Milk

Sesame Seeds



Buttery Buns

Homemade Buttery Buns

Ingredients

8 Buns



1/4 oz Dry Yeast (small individual package)

1 cup warm water, 105°F

3 Tablespoon Sugar

1# All-Purpose Flour (about 3 cups +)

1 Large Egg

3 Tablespoon Melted Butter

1 1/4 teaspoon salt

Oil

Egg Wash

1 Egg, beaten

1 1/2 Tablespoons Milk

Topping

Sesame Seeds

Pink Himalayan Salt



Combine yeast in warm water and sugar in a mixing bowl. Let stand for 5 to 10 minutes until frothy or foamy like a head on a draft beer.

Whisk the egg, melted butter and salt together. Add to the frothy yeast mixture and combine. Add the flour and add the paddle attachment. Pulse the mixer just to combine. Remove the paddle and add the dough hook and mix on low for about 5 minutes until just tacky. Scrap the side of the bowl if necessary. Test the dough with a rubber spatula, and if it sticks, add a little more flour, a little at a time.

Turn the dough out onto a clean, lightly floured surface and work into a smooth round dome shape. Tuck each of the loose ends under the dome. Coat a metal bowl with oil. Not too much. Place the dough dome in the bowl and roll around coating the dough. Place plastic wrap over the bowl and place it in a warm, dry place. I like to use my oven. Not on, of course.

Let rise for 2 hours or until the dough dome doubles in size. Turn the dough out on a clean, lightly floured surface again and punch it down. Form it into a uniform rectangle about 1 inch thick



Frothy Yeast



Homemade Buttery Buns



Mix just coming together

and then using a pastry cutter, cut into equal pieces, 8 in total. Then form each piece into a round dome pulling each side on top of itself. Do this two times, and you will notice the dough will firm. Place the dough dome on a baking sheet lined with parchment paper or a silicone pad. Do this for all of the pieces and then very lightly dust the tops with flour. Then place a piece of plastic wrap loosely on top of the dough and place it back in the warm, dry place and let them rise for an additional hour or until they double, again, in size.

Preheat your oven to 375oF. Create an egg wash by beating one egg and a tablespoon of milk together. Then very lightly and gently brush the tops of the risen dough domes with the egg wash. Make sure not



Dough



Risen Butter Dough Domes



Homemade Buttery Buns



to “knock down” the domes. Sprinkle the tops of the dough domes with sesame seeds. I use both white and black sesame seeds. I also will sprinkle a dusting of Pink Himalayan Salt on top. This is entirely optional.

Bake the dough domes at 375oF for 12- 14 minutes. Transfer the buttery buns to a cooling rack and let cool.

Then cut the buns crosswise and fill with a burger, pulled pork, fried fish, cracked conch, or whatever you desire.



Episode VI

Fried Dolphin Sandwich served with fresh Tartar Sauce and Sweet and Tangy Coleslaw

On Episode VI, we will use our buttery buns with a Fried Dolphin Sandwich served with fresh Tartar Sauce and Sweet and Tangy Coleslaw





Equipment List

Kitchen Aide Stand Mixer

Whisk

Silicone Spatula

Pastry Knife

Silicone Mat

Cookie Sheet



Gourmet Fishing



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