

# GOURMET FISHING

Season II - Episode V



INFO-SHORTS



Free Download

Subscribe to our YouTube channel - Gourmet Fishing



## Homemade Buttery Buns



Host, Chef & Guide, David Murray





# Contents

Thank you for downloading our Info-Short recipe

- 3 Grocery List
- 4 Buttery Buns
- 6 Episode VI - Fried Dolphin Sandwich
- 7 Equipment List





## 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



**C**ombine 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



We catch fish, and then, We cook our catch...

**Salt Marsh Sauces & Rubs**  
HANDCRAFTED South Carolina

**RED PLUFF MUD SAUCE**  
BBQ Sauce & Marinade

FROM A TOMATO PLANT

*From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best red pluff mud you can find.*

*Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.*

<small>Batch</small>	<small>Best By</small>
1M-2016	

*The sauce that shakes the southland...*

A SOUTH CAROLINA OWNED COMPANY



Murray Development, LLC  
Salt Marsh Apparel  
PO Box 771 Goose Creek, SC 29445

**Salt Marsh Sauces & Rubs**  
HANDCRAFTED South Carolina

**YELLOW PLUFF MUD SAUCE**  
BBQ Sauce & Marinade

FROM A TOMATO PLANT

*From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best yellow pluff mud you can find.*

*Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.*

<small>Batch</small>	<small>Best By</small>
2M-2016	

*The sauce that shakes the southland...*

A SOUTH CAROLINA OWNED COMPANY

THE ORIGINAL  
**SALT MARSH  
DIRT SHIRT**

**Salt Marsh Galleries**  
Charleston, South Carolina