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| Food Studies Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_WVSS Block: \_\_\_\_\_\_\_\_ |

**Wholewheat Hamburger**

Ingredients

125 mL milk

50 mL lightly packed brown sugar

3 mL salt

50 mL shortening

75 mL lukewarm water

6 mL sugar

8 mL instant dry yeast

125 mL wholewheat flour

175 mL all purpose flour

5 mL sesame seeds

Method:

1. Preheat oven to 400F
2. In a pot, scald the milk and stir in the 50 mL of brown sugar, 3 mL of salt and 50 mL of shortening.
3. Add 75 mL lukewarm water to the milk and sugar mixture.
4. In a medium bowl combine the whole wheat flour, all purpose flour and instant yeast.
5. Add 30 mL wholewheat flour and 30 mL all purpose flour into the milk, water and sugar mixture. Beat vigorously for 2 minutes or 150 strokes with a wooden spoon.
6. Stir in the remaining wholewheat flour and sufficient all purpose flour to form a soft dough that comes away from the sides of the bowl.
7. Turn out the dough onto a floured board and knead for 5-10 minutes.
8. Wrap with plastic wrap and label the dough.
9. Divide the dough into 4 hamburger buns. Rolls each one into a ball and place on greased pan just touching each other.
10. Brush the rolls with oil and lightly sprinkle the buns with sesame seeds.
11. Bake for 20-25 minutes.