



Sandwich Buns- 100% whole wheat, with olive oil

Practically any wheat variety can be used to make these little soft sandwich buns. At first, I made this recipe using a mix containing *Blue Beard* durum and mostly *Sonora* white wheat. With this wheat mixture the bun color is light, and the flavor is mild, so it can be a surprise that they are made entirely with whole grain ingredients and have no added sugar.

These little buns are either steamed in a stove top steamer or they can be baked in a combi-oven that supplies live steam for the entire bake time.

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

<i>Ingredients</i>	<i>Grams</i>	<i>Bakers per cent</i>
100% whole wheat flour	500	100
Base wheat malt flour	25	5
Extra virgin olive oil	25	5
Salt ¹	7.5	1.5
Water ² at 86°F (30°C)	300 - 350	60 - 70
Mature whole wheat barm sourdough starter ³	50	10

Method

[] In mixing bowl, mix flour and malt. Add oil. Blend all ingredients; *by hand using a fork, or with a paddle in a stand mixer, or in a food processor with a blade.*

[] 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*

¹ The amount of salt to add is optional. Most bakers add salt to baked goods at the rate of 2% with respect to the flour. The use of 1.5% salt, which is a benefit for those looking to minimize their sodium intake, is still enough to make a satisfactory dough and give mild flavor.

² An active charcoal filter can be used to remove anti-bacterial treatment chemicals from tap water. The minerals in most tap water, are beneficial to dough fermentation and need not be removed.

³ For success prepare and maintain the barm sourdough starter as described in the RECIPE section at www.wholegrainconnection.org

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 all ingredients are completely and smoothly incorporated. Leave the dough 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 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 sheet pans**, place 12 rounded dough pieces on a half-size sheet-pan (18 x 13 inches) lined with baking parchment paper. *Perforated sheet-pan preferred.* Gently press 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 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.