



100% Spelt Hybrid Sourdough Burger Buns

I take the Italian bread base and lower the hydration (liquid), add an egg, and use a mixture of sourdough starter and yeast for improved flavor and a slower rise.

Ingredients

- 400 g wheat berries, Spelt (I used Guardian Grains)

YUDANE INGREDIENTS:

- 25 g flour, any (set aside from milled flour)
- 50 g water, boiling

REMAINING INGREDIENTS:

- 250 g water, cold
- 8 g sea salt
- 3 g yeast
- 100 g sourdough starter, stiff
- 8 g lemon, juice (or other citrus juice)

EGG WASH & TOPPINGS

- 50 g egg, whole

Directions

1. Put your kettle on, or boil some water however you do it.
2. Mill the grain into fine flour.

PREPARE DR. MEL'S QUICK NO-WAIT YUDANE:

4. Place the yudane flour at the bottom of your mixing bowl, and pour the boiling water over it.
5. Quickly mix the flour and boiling water together into a paste.
6. Mixing the Bread:
 - 7. Add the cold water to the mixing bowl, followed by the remaining ingredients. This allows the water to cool the yudane so it doesn't kill your yeast.
 - 8. Knead with your dough hook until the dough looks smooth and shiny and fully cleans the bowl. This will vary greatly depending on the mixer you have. Mixers with bottom motors will need a rest between mixing so dough is not overheated OR the flour and the water must be very cold.
 - 9. Transfer the dough into an oiled bowl with plenty of room to rise and a lid.
 - 10. Do a set of clock stretch and folds in a 2.5 quart mixing bowl to help develop structure in your dough.
 - 11. When the dough rises almost to the top of the bowl, preheat your oven to 425 F.
 - 12. Scale into 9 pieces of similar size, roll each piece into a ball, and flatten it with wet hands to the diameter of the bun you like.
 - 13. Let the buns rise on parchment paper, covered with a towel while the oven heats up.

PRE BAKE WASH

15. Beat an egg, and brush the top of each roll with the mixture. Top with desired seeds of choice. I used sesame.

BAKING:

17. Bake for 12-15 minutes on a baking stone or baking sheet.

18. Remove from the oven when the inside of your buns are 190 F.
19. Let cool a few minutes before slicing open

Notes

[Spelt berries](#)

These are soft, yet strong and use a hybrid sourdough approach. The rise and softness of yeast with the benefits of some fermentation due to the sourdough starter.