



# Spelt and Kamut / Durum Burger Buns

For my sister, Maria, who was out of hard wheat and wanted to make some good bread. Thanks for calling so I'd get up and make these.

## Ingredients

- 300 g wheat berries, Spelt

### YUDANE INGREDIENTS:

- 30 g flour, any (set aside from milled flour)
- 60 g water, boiling

### REMAINING INGREDIENTS:

- 300 g milk, whole (COLD)
- 8 g sea salt
- 8 g yeast
- 8 g lemon, juice (or other citrus juice)

## 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 milk 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. Preheat the oven to 420 F.
10. Transfer the dough into a bowl with plenty of room to rise and a lid.
11. When the dough rises almost to the top of the bowl, gently dump the dough onto your work surface, and divide into 8 equal pieces.

### SHAPING

13. Lightly oil the board, and roll each piece into a ball with a taut skin. With wet fingers flatten the ball from the center towards the outside until it's the diameter of your hamburger bun form or desired bun size.
14. Place the dough into the bun form or onto parchment paper.

### BAKING PREP: WASHING

16. After the buns rise a little more, brush with an egg wash or milk (or a mixture of both). I used 1 egg and 1 tbsp buttermilk.
17. Sprinkle with any desired bun toppings. I used sesame seeds, but cheese or everything bagel seasoning could be equally delicious.

**BAKING:**

19. Bake for 15-20 minutes, with steam if desired, and remove when the dough reaches 190 F with an instant read digital thermometer.
20. When bread has reached the ideal temperature, remove the bread from the oven, and from the pan it baked on. Be gentle as the crumb is delicate until cooled. Slice once cool.

**Notes**

- [Hamburger bun form](#)
- [Half sheet pans](#)
- [Silicone Pastry Brushes](#)