

Thetis Island is a ferry dependent community with very few services. If you don't have something at hand, it is rarely worth making a trip to Vancouver Island just to get it. You might ask a few people, but in most instances, we learn to make do. This is probably a skill that everyone should have, regardless of where they live. The essential component of disaster preparedness is to plan ahead.

But what if all you want is hamburger buns? Use this recipe, as is so easy, and always successful. I've been using this same recipe for years. It gives a light, yet firm bun that holds up even when sauces saturate it. Offer to bring them to a BBQ, and your friends will love you for it. I have no idea why I'm thinking of BBQ late in February, but I am! I guess 'cause the birds & frogs are chirping, the earliest leaves just starting to unfurl. Yup, summer's 'round the corner.

Hamburger Buns

Makes 12

Ingredients

1 c milk
½ c water
¼ c butter
4½ c flour
1T yeast
2 T white sugar
1½ t salt
1 egg

Directions

In a small saucepan over medium-low heat, heat the milk with the water and butter until the butter has just melted. Stir frequently. Remove from heat as soon as the butter has melted.

In a mixer bowl, pour in about ½ a cup of the warmed milk mixture. Let it cool for 5 minutes.

Whisk in the yeast and the sugar. Proof.

Once the yeast has proofed, whisk the egg into the remaining milk mixture.

Combine this with the proofed yeast mixture.

Whisk in 1 c of flour and the salt.

Start to knead the mixture, using the dough hook.

Add in the remaining flour.

Continue kneading until smooth and elastic, about 5 minutes.

Divide the dough into 12 equal pieces. I weigh the whole and divide by 12 to know how much each piece should weigh so that my results will be uniform.

Shape into smooth balls, and place on a greased baking sheet.

Flatten slightly using a glass or the palm of your hand.

Cover, and let rise for 30 – 45 minutes.

Flatten very gently if needed to maintain the hamburger bun shape.

Bake the hamburger buns at 400° F for 12 minutes until golden brown.

Option: replace 1 c of the white flour with whole wheat.