

Hamburger & Hot Dog Bun Recipe with Authentic Foods Homestyle Bread Mix



1. Prepare any of the following combinations to make 12-14 buns by putting English muffin rings on a cookie sheet and greasing all rings and cookie sheet or bun pans well with gluten free Pam or Crisco:
12-14 English muffin rings;
A special hamburger bun pan and four to six rings;
A special hotdog bun pan and four to six rings, or
6-7 English muffin rings and a small loaf pan to make bread (8 1/2 " x 4 1/2")

Note: If all your rings are the larger ones you might prefer to make only 11-12 buns. I have used the hamburger bun pans but not the hot dog bun pans, but the procedure is the same. Some people have bent larger English muffin rings into hot dog shapes; others have used heavy duty foil to make rings.

2. Mix one package of Authentic Foods White Bread mix using the "bake in oven" directions.
3. Fill rings or indentations one half full. 3 7/8" rings take about 1/2 cup and 3 1/2" rings take about 6 Tbsp. An ice cream scoop is useful in measuring and getting batter into the rings. Spread as smooth as possible.
4. Let batter rise until double in a draft free place. A slightly warmed oven works well. Remove buns while preheating the oven. Then put them back in the oven to bake.
5. Preheat oven to 375°F. Reduce the temperature to 350°F. Put pans into the oven. Bake at 350° F for 18-22 min. The special pans seem to take less time than the rings.
6. After 16-18 minutes check to see if they are slightly brown on top. Check the bottom of the buns especially in the special pans as they seem to brown very quickly and will be burned on the bottom when the tops are slightly brown.
7. Take pans out of the oven and loosen buns from the rings. I use a pair of needle-nose pliers (from my cooking drawer) to hold the hot rings. Place buns on cooling racks. Cool and then split with a knife. Use as you would regular buns. Freeze any unused buns as soon as possible. Put a piece of waxed or parchment paper between the top and bottom part of each bun. Put in freezer bags that are dated and labeled. Freeze.
8. Remove a bun from the freezer bag and discard the paper. Put it on a microwavable plate, and microwave for about 22 seconds or until warmed. An alternative thawing method is to spread a small amount of butter or margarine on the bun and place on the grill or in a skillet until thawed and toasted.