

# Best Buns

This is a very simple sponge and dough bun formula that will produce a soft, sweet bun which can be used for hot dog buns, hamburger buns, or even bread if you like. This formula was created many years ago at the Dunwoody Institute in Minneapolis. Dunwoody's School of Baking trained hundreds of retail bakers prior to its closing in the late 1990s.

The below formula is written in Baker's % in order that you may size the batch to meet your needs.



Sponge Ingredients	Bakers %
HRW bread flour (Mondako or Morbread would be just right)	100
Water (approx. 70°)	80
Yeast (Instant)	0.1***

Mix just until sponge comes together. It will be a very soft sponge. Store in a covered container at 70-72° for 10-12 hours.

\*\*\* You can shorten the sponge fermentation time, to 6-8 hours by adding additional yeast; however, some loss of final flavor may result.

Final Dough Ingredients	Bakers %
HRW bread flour (Mondako or Morbread would be just right)	100
Water (approx. 70°)	42-44
Yeast (Instant)	1.5-2
Sugar	6-8
Salt	2,2
Softened Butter (unsalted)	10-12

- Mix on speed 1 for 2-3 minutes, then add the entire sponge. Continue mixing for another 2-3 minutes in first speed. Turn up to speed 2 and mix 2-3 minutes. Full development not required. Desired final dough temperature should be 76-78°F.
- Bulk ferment at room temperature, covered for one hour.
- Divide into desired weights; round and put on lined sheet pans.
- Proof, covered at room temperature for 1.5 -2 hours.
- Bake at 375-400°F for 18-20 minutes. Buns should have a shiny dark golden color. For greater color, buns may be egg washed and sesame seeds applied. If steam is available, a brief proof would increase the shine.