

HOMEMADE PANINI



By Food lovers recipes

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- 1 cup milk
- 3 tbsp melted butter
- 1 egg
- 3 cup flour
- 1/3 cup sugar
- 1.5 tsp salt
- 1 pkg bread yeast

To activate the yeast mix the Dry Active Yeast with $\frac{1}{4}$ cup of the milk needed for the recipe. The milk should be lukewarm. Add $\frac{1}{2}$ tsp of sugar, and let it rest until it becomes foamy.

In the meantime, strain the flour along with the sugar and the salt into a bowl, ensuring they are completely mixed. Make a 'well' in the centre of the flour mix.

Combine all the wet ingredients together: milk, butter, eggs and the frothy yeast. Slowly pour them in the 'well' of the flour and mix it with the wet ingredients gradually, using your fingers.

Once they are thoroughly mixed, you can either continue mixing the flour with your hands, or put it into an electric mixer with a dough hook. Mix it until the dough becomes a ball that comes away easily from the side of the bowl.

Take the dough out of the bowl and knead it on a flat surface.

Shape it into a smooth ball and place it into an oiled bowl covered with a wet towel to rest. Let it rise for 2 hours.

Making the Buns:

Once the dough is ready, you can start making the buns. To make sure they are all the same size cut the dough in half, and cut each part in half again until you reach the size and number of buns you want.

If you are making Panini, the rolls should fit inside the palm of your hand, as they have to rest for another 30 minutes they will double in size. It does not matter if they do not look perfect, they will automatically develop into nice, round and smooth buns once they have lievitated.

If you want a shine look, brush them with an egg wash (1 egg and some milk).

If you are making Hamburger Buns cutt the dough in 6 equal pieces to make 6 nice large buns.

Once the Buns have rested for 30 minutes, you can cook them in a hot oven at 180C for 20 minutes.

Photo: Samantha Murphy