51% Whole Grain Hamburger Buns

Yield: 30 hamburger buns – 3” x 3”

1/4 cup + 4 teaspoons spice, active dry yeast
4 cups water, 90 degrees Farenheit
1 cup granulated sugar
6 2/3 cups all purpose flour
2 cups Alaska Grown barley flour
4 3/4 cups whole wheat flour
1 tablespoon salt
1 cup non-fat powdered milk
3/4 cup oil, vegetable
2 tablespoons honey

1. Mix all ingredients on lowest setting of electric mixer with dough hook attachment for 5 minutes.
2. Increase speed to medium/medium high and knead for 15 minutes.
3. Remove dough and let set 20 minutes on floured surface.
4. Process into hamburger buns or rolls according to your facility procedure.
5. Raise at 100 degrees Farenheit for 60 minutes.
6. Preheat oven to 350 degrees Farenheit.
7. Bake for 10 minutes or until golden brown.
8. Remove from oven, let cool on cooling rack.