

Recipe Name **GF Hamburger Buns – recipe adapted from America’s Test Kitchen**

Ingredients 16 oz. (2 ¼ cups) warm water (110 degrees)
 2 ¼ tsp. yeast
 2 Tbsp. plus 1 tsp. sugar
 2 large eggs
 2 Tbsp. vegan butter (I like [Myoko’s](#)), melted and cooled
 12 oz. ATK All-Purpose GF Flour Blend (see below)
 6 oz. (2 cups) oat flour
 3 Tbsp. powdered psyllium husk
 2 tsp. baking powder
 1 ½ tsp. salt
 1 tsp. sesame seeds
 ATK GF Flour Blend (Makes about 9 ½ cups):
 24 oz. (4 ½ cups plus 1/3 cup) white rice flour
 7 ½ oz (1 2/3 cups) brown rice flour
 7 oz. (1 1/3 cups) potato starch
 3 oz. (3/4 cup) tapioca starch
 ¾ oz. (3 Tbsp.) nonfat milk powder
 *This recipe uses a small amount of nonfat milk powder. I can tolerate it
 without any problem. If it is too much for you to tolerate, I would suggest
 substituting 3 Tbsp. powdered egg white.
 ** This recipe calls for making rings out of a double layer of aluminum foil (13
 ½” x 2” strips), then shaping each into 4” circles and securing with staples. I
 found [these rings](#) on Amazon and they work great with no effort!

Directions

1. Adjust oven rack to middle position and heat oven to 200 degrees. As soon as oven reaches 200 degrees, turn it off. (This will be warm proofing box for dough. Do not begin step 2 until oven has been turned off) Line rimmed baking sheet with parchment paper and spray the inside of each ring with avocado oil spray. Place on prepared sheet.
2. Combine warm water, yeast, and 1 teaspoon sugar in bowl and let sit until bubbly, about 5 minutes. Whisk in eggs and melted butter. Using stand mixer fitted with paddle, mix flour blend, oat flour, psyllium husk, baking powder, salt, and remaining 2 Tbsp sugar together on low speed until combined, about 1 minute. Slowly add yeast mixture and mix until combined, scraping down bowl as needed, about 1 minute.



RECIPE

Increase speed to medium and beat until sticky and uniform, about 6 minutes. (Dough will resemble cookie dough.)

3. Working with $\frac{1}{2}$ cup dough at a time, shape each into rough round using wet hands, and place into baking ring. Cover loosely with plastic wrap, place in warmed oven, and let rise for 10 minutes, do not let plastic touch oven rack.
4. Remove rolls from oven and let sit on counter until dough has doubled in size, about 20 minutes. Meanwhile, heat oven to 400 degrees.
5. When ready to bake, reduce oven temperature to 350 degrees. Remove plastic and adjust foil collars as needed to be flush with pan. Spray rolls with water and sprinkle with sesame seeds. Bake until golden brown and firm, 35-40 minutes, rotating sheet halfway through baking.
6. Transfer rolls to wire rack and let cool before removing from rings. Cool completely before serving (about 1 hour). Split rolls can be wrapped in double layer of plastic wrap and stored at room temperature for up to 2 days or frozen for up to a month. If frozen, microwave at 50% power for 1 minute then toast until golden.