Dangerously Quick & Simple Buns

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Ingredients

* 3 3/4 - 4 1/4 Cups all-purpose flour
* 1/4 Cup white sugar
* 1 Tbsp. rapid rise yeast (it HAS to be instant, or rapid rise yeast!)
* 1 1/2 Tsp salt
* 3/4 Cup water
* 1/4 Cup butter or lard
* 2/3 Cup buttermilk (add a Tbsp. of lemon juice to milk and allow to curdle)
* Extra butter or lard for bun tops

​Method:

1. In a large bowl, whisk together 3 ¾ cups flour, sugar, yeast and salt, set aside
2. To a medium, microwave safe bowl or medium sized sauce pan at medium heat, add water and butter/or lard and warm until the butter has gotten soft and the water is warm. Remove from heat
3. Add the buttermilk to the water/fat mixture and stir to combine
4. Pour water/fat/milk mixture into dry ingredients and begin to mix with a wooden spoon (if you have a stand mixer you can use it. I don’t have one though, so, yup!).
5. Once the mixture is combined, use your hands to knead the dough for 3-4 minutes. Don’t exhaust yourself, but invest! It’ll be worth it!  Knead until the dough is smooth and elastic while adding additional flour if needed. The dough should be a perfect balance of slightly sticky, but very manageable
6. Cover bowl with plastic wrap or a clean towel, and let it rest 5 minutes
7. Now go ahead and preheat your oven to 180-200 degrees (some ovens won’t go below 200, so 180 is the goal, but up to 200 is fine) Now grease with butter or lard a 13 by 9-inch baking dish, and dust lightly with flour
8. Lightly flour the surface you’ll be working on, and plop that dough onto it. Shape the dough into an evenly level square, about 9 by 9-inches
9. Cut into 16 equal (but not perfect, don’t worry!) portions. Shape dough into 15 balls by pulling down the corners of the dough, and pinching them together at the bottom so you have a nice, round top. Use the extra dough to add to smaller buns as needed, and place shaped dough portions into prepared baking dish
10. Get your hands a little wet with water and brush the tops of the buns with your damp hands. This is so they don't dry while rising in oven!
11. Transfer pan to the oven, close the oven, and then turn oven off!  Allow the buns to rise 20 minutes (don't open oven door!!!)
12. After the 20 minutes, remove buns from the oven, and turn oven back on to 375 degrees. Just let the risen buns sit on the counter while the oven warms up
13. Once the oven is hot, place the buns back into the oven and cook for 14 - 16 minutes until tops are gloriously golden brown!
14. Remove buns from the oven and using a pastry brush, brush the tops of the buns with butter or lard. If you don’t have a pastry brush, just hold a lump of butter or lard and gently rub on the tops of the buns. This is an important step! It keeps the tops of the buns from drying out and getting hard. This gives the buns that super soft top that makes you swoon!