



# Mango Flour (MF) Sandwich Buns

## Ingredients:

5 g	Yeast
5 g	Salt
135 g	Water, lukewarm
250 g	Flour
25 g	MF
55 g	Egg (1 med-large)
15 g	Butter—room temperature
10 g	Sugar
20 g	Melted butter for glazing

## Statistics:

Total weight (g):	500
Hydration:	65.2%
% MF =	9.1%
% Yeast =	1.0%
% Salt =	1.0%

Yields 5 Buns

- 1 Mix and knead all ingredients to make a soft, smooth dough that passes a windowpane test
- 2 Cover the dough and let it rise until it's nearly doubled in bulk (30-60 minutes typical)
- 3 Gently deflate the dough and divide it into 100g pieces
- 4 Shape each piece into a round ball about 11cm across
- 5 Place the buns on a parchment-lined baking sheet, cover, and let rise until noticeably puffy (30-60 minutes typical)
- 6 Brush the buns with about half of the melted butter
- 7 Bake at 190°C oven for 15-18 minutes
- 8 Remove them from the oven, and brush with the remaining melted butter; cool the buns on a rack