



Millet Potato Buns

INGREDIENTS

1/4 cup instant potato flakes
1/2 cup boiling water
3/4 cups warm water
1 large egg
2 tablespoons unsalted butter or margarine, cut into pieces

1/2 cup whole wheat flour
1/4 cup raw whole millet
1/8 cup sesame seeds
2 3/4 cups flour
3 tbsps. light brown sugar
3/4 teaspoons salt
1 1/4 teaspoons SAF yeast

1 egg for egg wash
1 tbsp. sesame seeds

DIRECTIONS

1. Combine 1/4 cup of the whole wheat flour, the millet, and sesame seeds in the workbowl of a food processor. Grind to a coarse flour and set aside. Stir the potato flakes and the boiling water together in a small bowl until thick; cool for 5 minutes.
2. Place all the ingredients in the pan according to the order in the manufacturer's instructions.

Add the mashed potatoes on top of the wet ingredients and the sesame-millet flour and the remaining 1/4 cup whole wheat flour with the dry ingredients. Program for the Dough cycle; press Start.

3. Line a large baking sheet with parchment paper. When the machine beeps at the end of the cycle, press Stop and unplug the machine. Turn the dough out onto the work surface and divide into 10 equal portions. Form the rolls by shaping each portion into an 3-inch circle and place at least 1 inch apart on the baking sheet. Cover loosely with plastic wrap and let rise at room temperature until puffy, about 45 minutes.
4. Twenty minutes before baking, preheat the oven to 375°F.
5. Beat the egg and brush the tops of the rolls. Sprinkle with the sesame seeds. Bake in the center of the oven until lightly brown and firm to the touch, about 15 to 20 minutes. Immediately remove the rolls from the baking sheet to a rack to cool. Slice the rolls with a serrated knife.

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