

Bread Machine Recipes

Subway Sandwich Buns

INGREDIENTS

- 1 ½ cups Water.....○
- 1 tablespoon of Extra Virgin Olive Oil.....○
- 1 cups of Bread Flour.....○
- 1 cups of All Purpose Flour.....○
- ½ cup of Cake Flour.....○
- ¼ cup of Whole Wheat Flour.....○
- ½ cup of Wheat Germ.....○
- 4 tablespoons Sugar.....○
- 2 tablespoons Dry Milk.....○
- 2 teaspoons Salt.....○
- 1 tablespoon Active Dry Yeast.....○

PREPARATION

- Place all ingredients except yeast in Bread Machine in order listed above.
- Make small indentation on top of dry ingredients and place yeast into it making sure yeast does not touch water. Set Bread Machine on Dough setting.
- After Dough is ready roll out onto a lightly floured surface. Roll out until you have Dough about 10 inches long and 1 inch thick. Cut Dough lengthwise into 3 pieces about 4 inches wide. Cover and let Dough rise 45 minutes.
- Cook for 15 to 20 minutes at 350°. Cool on wire rack for 1 hour. Place in air tight plastic bread bag.

Makes 3 Subway Sandwich Buns.