

## 10. Best buns

“I can’t eat anything wholemeal” remarked *Granddad Max* and pointed to his dentures. Everybody looked at him. He has this most amazing smile. Nobody quite understood why wholemeal should interfere with his false teeth. *Witch* standing right behind him, shook her head, and mouthed so only the others could see, “excuses, excuses” then added under her breath, “he is just not used to it.” In his defence, it wasn’t the done thing when he grew up. Back then it was believed the whiter, the more refined, the better. And that is what his tastebuds are tuned into. Old habits die hard.

“Yeah right” *Mouse* turned to *Granddad Max* “the Soda bread is a bit tough on the teeth.” She put her arm around him and asked interested, “so what is your favourite recipe then?”

“I’ve never cooked a thing in my life, you know, the kitchen was Grandma’s domain. God bless her,” he said, “though I would love to try the buns that *Witch* described on the blog a while ago. They looked so good and sounded so simple.”

“Do you have the recipe, old man? Lets have a go together” suggested *Mouse*. *Granddad Max* rummaged through his pockets and produced a print-out of the recipe, smoothed it out and placed it on the table in front of *Mouse*. *Mouse* read carefully shaking her head slightly and then said “first of all, we have to make it a bit shorter than that. *Witch* does waffle a bit.” You should have seen the look *Witch* gave *Mouse* after that comment.

*Mouse* took her red editing pen and crossed out half the recipe, pleased with her work she started to make the buns. It didn’t take long and she realised the dough was too dry. Of course this didn’t faze the experienced *Mouse*. She just added a little bit more water. Though she had to ask *Witch* whether she actually had tried the recipe before she published it.



### Ingredients

2½ cups of flour, 1 cup of warm water and 1 teaspoon of dry yeast.

(makes approx 8 buns)

"Of course I did" said *Witch*. "I usually start with a drier dough and add water little by little until it feels right."

"You have to be a bit more careful with your descriptions, *Witch*." *Mouse* scolded her. "The readers might not know what feels right! I have changed the recipe slightly, so it should work now."

"But don't forget, with a yeast dough, it is easier to add water than to add flour" *Witch* defended herself.

"I find, if the dough is a tad too moist, one just has to knead it longer. Generally the flour will take up the excess water" replied *Mouse*.

"On dear," lamented *Granddad Max* "How shall I know what to do, when not even the experts agree."

"Watch and learn" said *Mouse* and *Witch* in unison.



### Method

Pour flour into a bowl, make a well in the middle and add half the water and add the yeast. Let sit for 10 to 15 minutes so the yeast becomes active.

Add the rest of the water and knead to a dough, first in the bowl, then on a flat surface. Knead very thoroughly for five minutes. Put the dough back in the bowl, cover with a clean tea towel and put in a warm place to let it rise until it has doubled in size. In a cooler place this process will take longer, but it will happen.

Preheat oven to 200 °C.

While the oven is heating up, knead the dough again and divide into 8 balls. Place the balls on baking paper on a tray (or on a silicon mat as it can be reused again and again) and let it rise again. 10 minutes should be enough or until the oven is properly preheated.

Brush the buns with water, then cut a cross with a sharp knife in the top of each one. Sprinkle with poppy seeds or sesame seeds. (Not for *Granddad Max* though, he added with a smile and pointed at his dentures)

Bake for 20 minutes.

Make sure the water isn't too hot! Heat kills the yeast