

Caramelized Onion Raisin Hamburger Buns and Baguettes

INGREDIENTS

Unbleached flour	3 1/2 cups
Whole wheat flour	3/4 cup
Rye flour	3/4 cup
Water	2/3 cups
Salt	2 teaspoons
Instant yeast	1/2 teaspoon or one packet
Caramelize yellow onion	2 1/3 cups
Natural raisin paste	2 1/2 cups
8 grains mix	3/4 cup
Water for soaking 8 grains	3/4 cup



A partnership with the
Idaho-E. Oregon Onion Committee and the
California Raisin Marketing Board

INSTRUCTIONS In a medium bowl, soak 8 grains mix for 1 hour. In a large bowl, combine instant yeast packet or ½ tsp with 2 2/3 cups of warm water. Let sit for ½ hour. Add in instant wheat flour, rye flour and soaked 8 grains mix. Mix together and allow to rest uncovered for 10 minutes. Now, add in the salt, caramelized onions, raisin paste and a little of the bread flour. Mix with a wooden spoon after each addition of flour. When the dough becomes hard to mix in the bowl; pour out onto a floured surface. Knead the dough for 10 minutes. Slowly adding more flour as needed. You want the dough to be a little on the sticky side. Pour a little oil into a bowl and place dough inside. Turn over a few times to very lightly coat all sides. Cover with plastic wrap and allow to rest till double; about 1 to 1 1/2 hours. After rising, pour the dough out onto a flat surface.

For hamburger buns: pinch of small amount of dough and roll into a ball. Place on wax paper and flatten slightly, top bun with red onion slice. For baguettes: cut larger amount of dough and form into a 9 inch by 2 inch roll.

For both buns and baguettes, cover with plastic wrap and allow to rest till double or till the middle of the buns rise 1 inch above the pan. Place into a preheated 375 degree oven for 15 to 20 minutes for buns and 20-25 minutes for baguettes. To check doneness, stick a meat thermometer into the center and when it reads 180F it's ready. Remove from pans and cool on a wire racks.

Note: 8 grains mix can be found in most grocery stores or health food stores. 8 grain mix is freshly ground at the mill. It contains all the health-giving nutrients of the grains from which it is ground, the germ, the oil and the fiber. **INGREDIENTS:** Freshly Milled Whole Grain Oats, Oat Bran, Brown Rice, Corn, Soybeans, Millet, Barley, Sunflower Seeds, Flax Seeds.