

SHOESTRING POTATOES SERVED WITH BEEF SLIDERS ON A POTATO BUN



Serving: 4 - 6

Cooking Time: 30 minutes plus extra for rising

Prep Time: 1 hour

INGREDIENTS

- Buns

- 450g potato flour
- 10ml (2 tsp) xanthan gum
- 60ml (¼ cup) milk
- 30ml (2 tbsp) butter, melted and cooled
- 10g sachet instant yeast
- 15ml (1 tbsp) apple cider vinegar
- Pinch of cream of tartar
- Pinch of bicarbonate of soda
- 1 large egg white
- Salt, to taste
- 250ml (1 cup) warm water, enough to form a dough
- 1 large egg mixed with milk, for brushing
- Sesame seeds, for sprinkling

INSTRUCTIONS

Tip: If your potato flour contains xanthan gum then omit from your recipe: Xanthan gum is a thickening agent and stabilizer to prevent the potato flour from separating.

Potatoes are free from gluten which normally gives the dough its strength and elasticity

1. Put all the bun ingredient into the bowl of your stand mixer fitted with a paddle attachment and whisk to combine well. You might need more lukewarm water to form a dough
2. Transfer the dough into a well-oiled mixing bowl and cover with plastic wrap. Place in a warm are until double in size, for (+/- 2 hours). Refrigerate for 20 minutes, making it easier to handle the dough. Preheat the oven to 200°C and lightly line a baking tray with baking paper
3. On a lightly floured work surface, knead the dough until soft and smooth. Divide the dough into six pieces and roll each piece into mini buns. Carefully place on the prepared baking tray and continue until all the pieces are used. Cover lightly

with plastic wrap and allow the buns to rise until double in size, for (+/- 30 minutes). Brush the tops and sides with the egg and milk mixture and sprinkle with the sesame seeds. Bake until the buns are cooked and golden, for (+/- 15 - 20 minutes). Allow to cool completely before filling with the beef patty toppings of your choice and serving