

Pillowy Sourdough Milk Buns with a Rich Buttery Crumb

Fluffy Sourdough Milk Buns ??



OVEN
375°F

TIME
10 min

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INGREDIENTS

For the Sourdough Starter:

$\frac{1}{2}$ cup (120 g) active sourdough starter

$\frac{1}{2}$ cup (120 g) warm water

1 cup (120 g) all-purpose flour

For the Dough:

4 cups (480 g) all-purpose flour

1 cup (240 ml) warm milk (110°F/45°C)

... cup (50 g) granulated sugar

... cup (60 g) unsalted butter, melted

1 large egg, room temperature

2 teaspoons salt

1 teaspoon vanilla extract (optional, for subtle sweetness)

DIRECTIONS

- 1.** Step 1 - Feed the Starter: In a mixing bowl, combine your active sourdough starter, warm water, and flour. Mix well, cover with a damp cloth, and let sit at room temp for 4-6 hours or until bubbly and active.
- 2.** Step 2 - Make the Dough: In a large bowl, mix the flour, sugar, and salt. Add the warm milk, melted butter, beaten egg, vanilla extract, and the bubbly sourdough mixture. Stir until a dough forms.
- 3.** Step 3 - Knead: Transfer to a floured surface and knead by hand for 8-10 minutes, or use a stand mixer with a dough hook for 5-7 minutes. Dough should be soft, smooth, and elastic.
- 4.** Step 4 - First Rise: Place dough in a greased bowl. Cover with a damp cloth and let it rise in a warm place for 3-4 hours, or until doubled in size.
- 5.** Step 5 - Shape the Buns: Punch down the dough and divide into 12-15 equal portions. Roll each into a smooth ball and place in a greased 9x13-inch baking dish or on a parchment-lined sheet.
- 6.** Step 6 - Second Rise: Cover the shaped buns with a damp cloth and let them rise again for 2-3 hours until puffy and doubled.
- 7.** Step 7 - Bake: Preheat oven to 375°F (190°C). Bake for 20-25 minutes, or until the tops are golden brown and the bottoms sound hollow when tapped.
- 8.** Step 8 - Cool & Serve: Cool in the pan for 10 minutes, then transfer to a wire rack. Serve warm, or let cool fully for later use.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/pillowy-sourdough-milk-buns-with-a-rich-buttery-crumbs/>