

45 minutes

Makes 12

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Ingredients:

- 600g store-bought bread dough
- 8 cups (2L) water
- ¼ cup (60ml) bicarbonate of soda
- 4 tsp (20ml) salt flakes

Method

1. Preheat oven to 180°C.
2. Lightly knock down the dough and divide it into 12 equal portions.
3. Roll into 5cm balls, flattening slightly to create a bun shape.
4. Set aside to rise for 10 minutes until puffy.
5. Combine water and bicarbonate of soda in a large pot and bring to a boil.
6. Add 3-4 balls of dough to boiling water, poaching for 2 minutes a side before flipping over.
7. Remove with a slotted spoon, drain thoroughly and place on a lined baking tray.
8. Repeat with remaining dough.
9. Sprinkle buns with salt and bake for 15-20 minutes or until golden. Set aside to cool.
10. Serve slider buns filled with your choice of protein or veg.

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