

# DINNER ROLLS

Makes 12.

By Dennis W. Viau; modified from friend's recipe.

This recipe has one odd distinction: The first step is to boil some of the flour in milk and water to make a paste. How this contributes to the finished dinner rolls I cannot say. I'm not a scientist. I can say that these rolls are tender and delicious. They would make an excellent addition to any holiday feast.



## **Ingredients:**

### ***For the starter:***

4½ tablespoons whole milk  
4½ tablespoons water  
3 tablespoons all-purpose flour

### ***For the dough:***

3¾ cups (530g) all-purpose flour  
3 tablespoons dry (powdered) milk  
3 tablespoons sugar  
1 tablespoon active dry or instant yeast  
¾ cup (175ml) whole milk, warmed slightly (100°F/38°C)  
2 large eggs, room temperature  
6 tablespoons butter, melted

### ***For the egg wash:***

1 egg  
1 tablespoon whole milk

## **Directions:**

1. In a small saucepan set over low heat, combine the three starter ingredients. Whisk until smooth. Cook, stirring constantly, until the mixture thickens, 3 to 5 minutes. Remove from the heat and set aside to cool.
2. In the bowl of a stand mixer, combine about half the flour with the milk powder, sugar, and yeast. Mix to blend. In a medium bowl, whisk together the starter, eggs, and melted butter. Add this mixture to the dry ingredients and blend to make a batter. With mixer speed on low and the dough hook attached, add the salt and add the remaining flour a little at a time until a dough forms. Knead 15-20 minutes. The dough should be moist and slightly sticky. During the kneading process a little liquid or flour can be added to get the correct consistency. I look to see the dough pulling away from the sides of the bowl but sticking in the bottom.
3. Shape the dough into a ball and transfer to a lightly buttered bowl. Cover with plastic wrap and place in a warm location for 60 to 90 minutes or until the dough is doubled in bulk.
4. Gently deflate the dough. Divide into 12 equal pieces and shape each piece into a ball.
5. Arrange the rolls in a lightly buttered 9 x 13-inch (23 x 33cm) baking pan (or quarter sheet). Cover lightly with plastic wrap let rise for 40 to 50 minutes, or until puffy.
6. Heat the oven to 350°F (177°C). In a small bowl whisk together the egg and milk to make an egg wash. Brush the tops of the rolls with the egg wash and then bake for 20 to 25 minutes, or until golden brown on top (a digital thermometer inserted into the center of a roll should reach 195°F / 90°C).
7. Remove the rolls from the oven and allow to cool for 10 minutes before pulling apart and serving.

## STEP-BY-STEP

1



Combine the starter ingredients in a small pan and heat until thickened. Set aside to cool. This is an odd first-step preparation, and I can't say how it adds to the finished texture or flavor of the dinner rolls. It was in the original recipe; so I decided to use it.

2



Combine about half the flour with the milk powder, sugar, and yeast. Blend with a whisk.

**3**

In a bowl, combine the starter mixture, milk, eggs, and melted butter. Mix with a whisk until thoroughly combined and smooth.

**4**

Add the wet mixture to the dry mixture and stir to form a batter.

5



Place the bowl on the stand mixer and attach the dough hook. With the machine operating on low, add the salt. Add the flour a little at a time until the mixture comes together into a dough. Knead in the machine 15 to 20 minutes. The ideal texture I prefer to see is the dough pulling away from the sides of the bowl but still sticking in the bottom.

6



If you make enough bread you learn the ideal feel of the dough. It should be moist and a little sticky. Working the dough quickly, it shouldn't stick to your hands. But if you squeeze the dough and pull away slowly, you should see some sticking to your fingers.

7



Place the dough in a greased bowl, cover, and let rise in a warm place until doubled in bulk, about an hour. The time to rise could vary, depending on the temperature in your kitchen.

8



Punch down the dough and cut into 12 relatively equal pieces.

9



Shape each piece into a ball and arrange in a greased baking pan. Cover and let rise about 45 minutes.

10



Prepare the egg wash and then lightly brush the dough balls with the wash. At this stage you could add some variety by garnishing some tops with poppy seeds or sesame seeds.



Bake 20 to 25 minutes. Let cool about 10 minutes and then separate to serve with your dinner.

## Conclusion

These dinner rolls have a soft texture and the flavor is delicious. I can't say what the first-step starter adds to the flavor or texture, but I can say the finished dinner rolls are excellent.