

Marie Saba

from my kitchen to yours

Wheat Dinner Rolls

Makes 16 rolls

Ingredients:

- 2 1/4 teaspoons (1/4 oz, 7g) active dry yeast
- 1 Tablespoon (12 g) sugar
- 3 Tablespoons (45 g) warm water, 105 to 115 degrees F (40 - 46 degrees C)
- 1 cup (240 ml) whole milk
- 6 Tablespoons (84 g) unsalted butter
- 1/4 cup (55 g) sour cream *or* 1 large (50 g) egg, whisked
- 1/4 cup (55 g) honey (optional)
- 2 cups (280 g) whole wheat flour
- 1 1/2 cups (210 g) all-purpose flour, plus extra for kneading
- 1 1/2 teaspoon (9 g) Kosher salt

For egg wash: 1 egg + 2 teaspoons water, whisked and strained

For butter wash: 2 Tablespoons melted butter

Instructions:

1. In a small bowl, whisk together yeast and 1 Tablespoon (12 g) sugar. Add 3 Tablespoons warm water and whisk again. Let stand 5 minutes.
2. In a medium bowl, microwave milk and butter for 1 minute, or until milk is warm and butter is just melted. Add sour cream and 1-4 Tablespoons honey (depending on desired sweetness). Stir gently to combine.
3. In a large bowl (or bowl of a [stand-mixer](#)), whisk together wheat flour, white flour, and salt. Add milk mixture and yeast mixture. Stir with a wooden spoon until dough forms. Knead dough in a [stand-mixer](#) with a dough hook, or by hand on a [lightly floured surface](#) until smooth, about 4-5 minutes in the stand mixer or 6-8 minutes by hand.
4. Transfer to a lightly oiled bowl; turn to coat. Cover with plastic wrap. Set in a warm place and let rise until doubled in size, 1-2 hours.
5. Line a baking sheet with parchment paper. Punch down dough and then bring it together into a ball. Divide dough into 16 balls. Place rolls side by side, lightly touching, into four rows of four. Cover loosely with a clean dish towel and let sit in warm spot 45 minutes to 1 hour.
6. Preheat oven to 375 degrees F. If using an egg wash, whisk one egg in a small bowl with 2 teaspoons water. Strain egg and discard stringy pieces. Using a pastry brush, gently brush tops of rolls with egg. Bake until rolls are puffed and golden, about 20 minutes. Serve warm.

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Questions? Email me Marie@MarieSaba.com and I'll be happy to help! Thank you.

Make-Ahead Options:

- Refrigerate the dough after the first rise (step 4). Cover with plastic wrap and store in the refrigerator for 2 days. Continue with step 5 above when ready to bake. Add 20 minutes to the rising time (the cold dough may need a little longer to rise).
- Refrigerate the dough after shaping into rolls (step 5). Place rolls on baking sheet, cover loosely with plastic wrap and refrigerate for 2 days. When ready to bake, let rise, loosely covered, at room temperature for 1-2 hours. Continue with step 6.
- Freeze the dough after shaping into rolls (step 5). Place the rolls on a baking sheet so they are not touching. Let the rolls rise in a warm spot for about 25 minutes. Freeze the rolls on a baking sheet for 2-3 hours until frozen solid. Transfer to a freezer bag or air-tight container. Unbaked rolls can be kept frozen for about 1 month. The day before baking, place the frozen rolls touching on a baking sheet and thaw in the refrigerator overnight. When ready to bake, let rise at room temperature for 1-2 hours. Continue with step 6.
- Freeze the rolls after fully baking. Bake rolls as usual following steps 1-6. Cool completely and then wrap tightly in aluminum foil. Place foil-wrapped rolls in a freezer bag and freeze for up to 1 month. Bake the rolls either thawed or straight from the freezer. To thaw the rolls, loosen the foil and let thaw at room temperature overnight. Rewarm if desired for about 10 minutes in a warm oven at 300 F (148 C). To heat rolls from frozen, loosen the foil and bake at 300 F (148 C) on a parchment-lined baking sheet for 20-25 minutes.



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