



High Rise Dinner Rolls

Jacob · 28/09/2024



Prep Time

1 hr 35 mins

Difficult

Medium

Servings

2 hrs 30 mins

Description

These are soft and very tall pullapart rolls with tender crusts

Ingredients

- - 1 tablespoon white sugar - $\frac{1}{4}$ cup warm water (100 degrees F/40 degrees C) - 1 package active dry yeast - $\frac{1}{2}$ cup instant mashed potato flakes - 1 cup whole wheat flour - 2 cups unbleached all-purpose flour - 1 cup warm buttermilk (no more than 110 degrees F/45 degrees C) - 3 tablespoons butter
- softened - 2 tablespoons white sugar - 1 teaspoon salt - 1 egg - $\frac{1}{2}$ teaspoon vegetable oil
- or as needed - 2 tablespoons melted butter (or as needed)
- divided

Instructions

1. Dissolve 1 tablespoon sugar in warm water in a small bowl
2. and sprinkle the yeast over the water. The water should be no more than 100 degrees F (40 degrees C). Let stand for 5 minutes until the yeast softens and begins to form a creamy foam. In a bowl
3. mix together the potato flakes
4. whole wheat flour
5. and unbleached flour. In a large bowl
6. mix together the buttermilk
7. softened butter
8. 2 tablespoons of sugar
9. salt
10. and egg until the mixture is well combined. Pour the yeast mixture into the buttermilk mixture
11. and add the flour mixture by half cups
12. stirring until the ingredients form a soft dough. Turn the dough out onto a well-floured surface
13. and knead until smooth and elastic
14. about 3 minutes. Shape the dough into a ball
15. oil the surface with vegetable oil
16. cover
17. and let rise in a warm place until doubled
18. about 1 hour. Gently punch down the dough
19. and divide into 9 equal pieces. Shape the pieces into balls. Grease an 8x8-inch baking dish
20. and place the rolls into the dish so the rolls slightly touch each other. Brush the tops with melted butter. Cover the rolls with plastic wrap
21. and allow to rise in a warm place until doubled
22. 30 to 45 minutes. The rolls should rise above the top of the pan and be crowding each other. Preheat oven to 400 degrees F (200 degrees C). Bake the rolls in the preheated oven until golden brown
23. 25 to 30 minutes. Brush the tops of the hot rolls with another coating of melted butter
24. allow to cool slightly
25. turn the rolls out of the pan
26. and pull apart. Serve warm. Cook's Note: The purpose of warming the buttermilk is to decrease the amount of time needed for the first rise. Buttermilk may curdle slightly when warmed; that's OK.