

Whole Wheat Sweet Rolls

Makes 18 rolls

5 ½ (660 grams) cups whole-wheat flour
2 ½ tsp. (14 grams) salt
1 packet active dry yeast (0.25 oz.; 2-¼ tsp.; 7 grams)
1 1/3 cup (330 grams) unsweetened pineapple juice
½ cup (120 grams) whole milk
1/3 cup (113 grams) honey
6 TBS (85 grams) melted and cooled unsalted butter
2 tsp. (8.4 grams) freshly squeezed orange juice
2 tsp. (8.4 grams) vanilla extract
1 tsp. (2 grams) orange zest
1 large egg at room temperature

Mix the flour and salt in a large bowl. Sprinkle the yeast on to the flour and mix it in.

Mix the juice, milk and honey in a separate microwave proof bowl. Do not worry that the milk curdles. It is fine. Add the melted butter and mix it in. Place the container into the microwave for 45 to 60 seconds until it is warm (110 F/ 43 C).

Add the warm liquid to the flour mixture and mix it in with a fork or wooden spoon. Add the orange juice, vanilla, zest and egg. Start mixing the ingredients with your clean hands.

Transfer your dough to a clean counter or board. Do not add any flour unless you need it – and even then be very careful not to overdo it. Whole wheat will absorb liquid very quickly and you do not want dry rolls.

Knead the dough for about 10 minutes until it is no longer sticky and you can form it into a ball. Place the dough into a lightly oiled bowl – rotate it in the bowl so that it all gets oiled. Cover the bowl and place it in a draft free, warm corner of your kitchen until it doubles in size.

Transfer the risen dough onto a lightly floured board and gently punch it down. Cut the dough into three equal parts. Now cut each third into six. If you want your rolls to be exactly the same size you will have to weigh them.

Form each piece into a roll making sure to pinch the bottom edges. Place the roll on the board, cup your hand and gently roll it into a ball. Place all the rolls into a greased 9x13 inch (23x33 centimeter) baking dish and lightly spray them with oil.

Cover the dish and allow the rolls to double in size in a draft free, warm part of your kitchen.

Heat your oven to 375 degrees F (190 C).

Place the rolls into the oven and bake them for 20 to 30 minutes – until they are browned.

Remove the pan from the oven and place it on top of a cooling rack. Let the rolls sit in the pan for about 5 minutes. Brush the tops with some unsalted softened butter and allow the rolls to cool down completely.

Enjoy with some butter and honey. Delish!

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