

Bread

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Dinner Rolls

Ingredients

- 1/2 cup water - 110°F
- 1 packet active dry yeast
- 4 tbsps sugar
- 1 cup whole milk
- 4 tbsps butter, melted
- 4 tsps salt
- 4 cups all-purpose flour
- 4 tbsps Extra melted butter for brushing on top

Preparation - Dough

1. Pour the water into the bowl of a stand mixer.
2. Stir in the yeast and 2 tbsp sugar, cover the bowl with plastic wrap and set aside for 10 minutes, until frothy.
3. Heat the milk to 105°F, add to bowl with water along with the melted butter.
4. Add remaining 2 tbsp sugar and salt and stir to combine.
5. Add the flour and attach the dough hook to the mixer. Let it run on medium low for 2 to 3 minutes until the dough comes together and begins to look smooth.
6. Knead dough for an additional 2 minutes by hand, until elastic.
7. Place dough into an oiled bowl, cover with a cloth and allow to rise for 1 hour.

Preparation - Baking

1. Pre-heat oven to 400°F
2. Lightly oil 2 8x4 baking pans.
3. Take the puffed dough out of the bowl and press lightly to release the air. Pat it into a

disc roughly 12" wide and divide into 16 equal triangles.

4. Roll each triangle into a ball, then shape by lightly flattening the ball, then bringing the sides of the ball up and pinching them together.
5. Place each shaped ball of dough in the pan, leaving a little space between them. Cover with plastic wrap and allow to rise for 20 to 30 minutes until doubled. Dough balls will stick together.
6. Brush the tops lightly with melted butter, then bake for 20 minutes.
7. Remove from oven and immediately brush with remaining melted butter. Remove from baking pan and allow to cool for 5 minutes before serving.

Donuts - Sugar

Donuts

Ingredients

- 2 cups bread flour
- 0.85 cups (205g) whole milk
- 3tbsp sugar
- 1.25 tsp active dry yeast
- 1/2 tsp salt
- 2 tbsp butter
- Additional sugar to coat

Preparation

1. Heat milk to 110°F
2. Add milk, sugar, and yeast to a large mixing bowl. Cover with film and allow yeast to activate for 10 minutes.
3. Add flour and salt to the yeast mixture. Combine until dough has just formed.
4. Cover dough and allow it to rest for 20 minutes.
5. Once rested, turn dough out on a lightly floured working surface. Press dough lightly into a disc.
6. Place softened butter on top of the dough, fold dough into itself, and stretch, press, and fold dough until the butter is well-combined and the dough is smooth.
7. Place dough in an oiled bowl, cover, and rise for 1 hour.
8. Once dough has risen, turn out onto a working surface, flatten, and divide into 12 parts.
9. Form each piece into a ball, poke a hole in each one, and work the hole around until each

piece looks like a little volcano

10. Place donuts on a floured surface, and allow to rise for an additional 40 minutes.
11. With a floured finger, spin each donut around to coat the inside in flour and re-form the donuts
12. Heat cooking oil to ~320°F. Cook donuts in batches, turning once briefly after adding to the oil, then again once the bottom half is golden brown
13. Once both sides are golden, remove from oil, and place on a paper towel to drip.
14. While still warm and oily, coat each donut in sugar.

Frosting (Optional)

Ingredients

- 3 Tbsp melted butter
- 1.5 cups powdered sugar
- 1 tsp vanilla extract
- 3 Tbsp milk
- 1/8 tsp salt
- Sprinkles

Preparation

1. Whisk together all ingredients, reserving 1 Tbsp of milk
2. Whisk reserved milk if necessary, to thin the mixture
3. Dip one side of the donut in icing, then immediately add sprinkles

Easy Buttermilk Biscuits

Ingredients

- 2 cups all-purpose flour spooned & leveled (250 grams)
- 1 tablespoon baking powder
- 1/4 teaspoon baking soda
- 2 teaspoons sugar
- 1 teaspoon salt
- 6 tablespoons cold unsalted butter cubed (85 grams)
- 3/4 cup cold buttermilk plus more for the tops of the biscuits (180 ml)

Preparation

1. Preheat the oven to 450°F (230°C). Line a large baking sheet with parchment paper or a silicone baking mat and set aside.
2. In a large mixing bowl, whisk together the flour, baking powder, baking soda, sugar, and salt until well combined. Add the cubed cold butter and cut it into the dry ingredients using a pastry cutter (you may also use a food processor for this step) until you have small pea sized pieces of butter. Pour the cold buttermilk into the mixture and gently mix until the dough starts to come together.
3. Scoop the dough onto a lightly floured surface and gently work it together with your hands. Pat the dough into a rectangle and fold it into thirds (like a letter). Turn the dough, gather any crumbs, and flatten back into a rectangle. Repeat the folding process two more times.
4. Place the dough onto a lightly floured surface and pat it down into a 1/2-inch thick rectangle (make sure to measure!). Using a floured 2.5-inch biscuit cutter, cut out the biscuits. Make sure not to twist the biscuit cutter as you're cutting, just press the cutter straight down and pull it straight back up.

5. Continue to gather any scrap pieces of dough, patting it back down to 1/2-inch thickness, and cutting it until you have 8 to 10 biscuits. I suggest trying to get as many as you can the first time, as you continue to work the dough the biscuits won't be quite as good.
6. Arrange the biscuits on the baking sheet touching each other. Brush the top of each biscuit with a little bit of buttermilk.
7. Bake for 15 to 17 minutes or until lightly golden brown. Remove from the oven and brush with melted butter, if desired. Allow to cool for a few minutes, serve, and enjoy!

Sandwich Rolls

INGREDIENTS

- 260 g 1% Milk (or half-whole half-water)
- 6 g Instant Dry Yeast (about 1 packet)
- 8 g Diastatic Malt powder (optional)
- 400 g Bread Flour (all-purpose works too)
- 10 g Honey (or sugar)
- 20 g Olive Oil
- 8 g Salt
- Egg wash: 1 egg white + spoonful of water
- Cornmeal for sprinkling

Preparation

Mix the Dough - 5:00 pm to 5:20 pm

Warm 260 g milk in the microwave for about 50 seconds. Ideally, the temperature is between 105-110 F to optimize yeast activity. Add 6 g of yeast along with 8 g diastatic malt powder and stir to combine. Let stand for 3-5 minutes until light foam surfaces and bubbles are visible.

Note: Proofing the yeast is done to test the viability of the yeast. If there is no foam surface or little bubbles the yeast is likely dead and should be discarded for new yeast.

Meanwhile, add 400 g flour, 10 g honey, 20 g olive oil, and 8 g of salt to a large mixing bowl. Once the yeast is proofed, pour in the mixture and vigorously mix the dough with your hands until no dry flour remains in the bowl and a cohesive mass forms, about 2 minutes. Cover with plastic wrap and let rest for 15 minutes.

Note: Resting will allow the flour to start hydrating all on its own, and make the dough a little bit

easier to work with when we start kneading.

Kneading (Gluten development) - 5:20 pm to 5:30 pm

Once rested, turn the dough out onto a clean counter and knead for 8-10 minutes. I advise setting a timer to make sure ample time is spent kneading. Knead the dough until it is completely smooth and no longer sticky.

After kneading the dough, cut off a piece and test for gluten development by carefully stretching the dough very thin to check for a see-through 'window' before tearing.

Note: The gluten window test is the key to understanding if the flour has been hydrated enough which is how gluten is developed. If the dough tears before getting to a slightly translucent window continue kneading for another couple of minutes.

Bulk Ferment (1st Ferment) - 5:30 pm to 6:30 pm

Once done kneading, add the dough to the mixing bowl and cover with plastic wrap. Let rise until doubled in size, about 45-60 minutes though it could take longer depending on the yeast, room/dough temperature..

Divide dough + Shape Rolls + Proof (2nd Ferment) - 6:30 pm to 7:40 pm

Once doubled in size, punch the dough down and divide into 4 equal portions, roughly 175 grams each.

Using your fingertips lightly press and stretch a piece of dough into a rectangle about 8 inches wide and 1 inch thick. Tightly roll the dough from the bottom to the top. Press and seal the seam created on the bottom of the roll. Now, you should have a log of dough with the seam side down. Applying even pressure with the palm of your hands in the center of the dough begin gently rolling the log out into a cylinder, about 10 inches long.

Note: For shaping, just take a look at the video, it's hard to explain in words.

Evenly sprinkle cornmeal on two baking sheets. Shape each hoagie roll and place 2 on each baking sheet. Cover lightly with plastic wrap or a towel and let the rolls proof until about 1.5 to 2 times in size, another 45-60 minutes.

Oven set up - 7:25 pm to 7:40 pm

With 15 minutes of proofing left, preheat the oven to 375 F. Place an oven-safe pan or another baking sheet on the bottom rack of the oven.

Note: Ice will be dropped on the hot pan to help create a steamy environment for better oven spring.

Bake - 7:40 pm to 8:00 pm

Using a razor or really sharp knife, score the hoagie rolls with one long slash at a 45-degree angle to allow for oven spring.

Whisk the egg white and spoonful of water together. Using a brush, lightly spread the egg wash on the exterior to give us a better crust. Sprinkle a little cornmeal over top. Note: At this point, you can sprinkle on toppings like sesame seeds, or herbs and spices if you would like.

Place the rolls into the oven on the middle rack and toss in 4 to 5 ice cubes on the hot pan on the preheated pan which will create steam.

Bake for 10 minutes then rotate the pan. Continue baking for another 8-10 minutes until the crust is golden brown and the internal temperature reaches 200 F.

Let cool completely on a wire rack.