



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Sandwich Rolls

Makes 12

Feel free to substitute whole wheat flour for some of the unbleached flour. If you use 1 cup whole wheat and 3 cups white flour, you'll hardly notice a difference in flavor, texture, or rising time. At 2 cups whole wheat flour and 2 cups white flour, the difference will be more significant but the rolls will still be excellent. If you want to use even more whole wheat flour, I would adapt 100% whole wheat sandwich bread into rolls.

If it works better for your schedule, go ahead and skip the overnight chill.

4 cups (19.2 ounces) unbleached all-purpose flour, plus
2 teaspoons instant yeast
2 tablespoons granulated sugar
1 teaspoon salt
1½ cups water
2 tablespoons olive oil
2 tablespoons milk for brushing the rolls

1. Stand mixer: Mix the flour, yeast, sugar, and salt in the bowl of a stand mixer fitted with the dough hook. With the mixer on low speed, gradually add the water and oil. Continue mixing on medium-low until the dough is elastic and supple, about 8 minutes. You may need to add a little more flour or water to get the correct consistency – soft but not really sticky. Transfer the dough to an oiled bowl and cover with plastic wrap. Refrigerate overnight.

By hand: Mix the flour, yeast, sugar, and salt in a large bowl. Make a well in the middle of the dry ingredients and pour in the water and oil. Stir the mixture until the dough comes together. Transfer it to a floured board or countertop and knead, incorporating as little flour as possible, for about 10 minutes, until the dough is elastic and supple. You may need to add a little more flour or water to get the correct consistency – soft but not really sticky. Transfer the dough to an oiled bowl and cover with plastic wrap. Refrigerate overnight.

2. Remove the dough from the refrigerator and let it warm and rise at room temperature until it's double the original volume, 2-4 hours (depending on the temperature of the ingredients you started with and the room temperature).

3. Give the dough one turn, by folding it into thirds like a sheet of paper going into an envelope, then in half the other direction (as shown in the photos). Allow the dough to rise again, which should take about an hour. Give it another turn, then let it rise again, which will probably take less than an hour.

4. Once the dough has doubled in size for the third time, cut it into 12 pieces. Very gently pull the edges of each dough ball around to one side and pinch them together, as shown in the photos above. Roll the dough between the palm of your hand and a board, lightly floured if necessary. Place the formed rolls, pinched side down, on 2 baking pans lined with parchment paper or silicone baking mats.

5. Adjust an oven rack to the middle position and preheat the oven to 400°C. Let the rolls rise until puffy and about one and a half times their original size, 30-45 minutes. Brush them with milk and bake for 12 minutes, until golden brown and an instant thermometer inserted into the center of one measures 185-200°C. (I suggest baking just one pan of rolls at a time. An extra 15 minutes of rising won't ruin your rolls.) Let cool until room temperature before serving, about 45 minutes.