

1-HOUR DINNER ROLLS

(COURTESY OF WHEATFOODS.ORG)

Ingredients:

1 1/2 cups warm water	1 teaspoon salt
1 tablespoon dried yeast	4 cups all-purpose flour
2 tablespoons sugar	Toppings:
2 tablespoons butter, softened	3 tablespoons butter, melted
	2 cloves garlic, finely minced

Directions:

In the bowl of a stand mixer fitted with the dough hook, stir together warm water, yeast, and sugar. Let stand until foamy (this means the yeast has successfully been activated) - about 5 minutes. To the yeast mixture, add the butter, salt, and half of the flour. Mix on low speed until the ingredients begin to come together. Still on low speed, add the remaining flour and mix for 1 minute. Mix on low speed until the final addition of flour is fully incorporated into the dough. Increase the speed to medium and knead until the dough is smooth and elastic, about 6-8 minutes. Transfer the dough into a lightly greased large bowl and cover tightly with cling wrap and a dish towel. Let the dough rise in a warm place until doubled in volume, about 20 minutes. Turn the dough out onto a lightly floured surface and form it into an even ball. Using a dough cutter or knife, cut the dough in half. Roll each half of the dough into a long log. Cut each log into 8 rolls. Roll each one into the shape of a ball. Line a baking tray with parchment paper. Place each rolled piece of dough about 1 centimeter apart. Cover the rolls with cling wrap and allow to rise again while your oven is preheating to 400°F. While the rolls are rising, mix together the melted butter and minced garlic in a small bowl. Set aside. When the rolls have risen for the second time and joined together, lightly brush the rolls with half of the melted butter and garlic (reserve the other half for after they are baked). Bake until golden brown, 15-20 minutes. Immediately after removing the rolls from the oven, brush them with the remaining melted butter. After cooling slightly pull apart and serve.



Servings: 16

Nutritional information for one serving: Calories: 151

3g Protein, 25g Carbohydrates, 1 g Fiber, 4g Fat, 2g Saturated Fat, 10mg Cholesterol, 282mg Sodium.