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by The Bakealogue

Honey bread rolls



Ingredients

All Purpose Flour: 4 cups
Instant Yeast: 1 tbsp
Yogurt: 1 cup
Salt: 1 tsp
Honey: 3 tbsp
Oil: 1 tbsp
Water (warm): 1 cup

Preparation

1. In a bowl, mix together honey, instant yeast, water and just 1/2 cup of all purpose flour. Set aside for 10 minutes.
2. Once the above mixture gets slightly foamy, add the yogurt, vegetable oil, salt and 2 cups of the remaining flour.
3. Begin to knead the dough (I just used my hands for this) . If the dough continues to be too sticky add more flour. The dough should be soft and not too sticky.
4. Grease a bowl, and transfer the dough to that. Cover with cling film and keep in a warm place for approximately an hour or until it doubles in size. (I always find the microwave to be the best place for this).
5. Once the dough has doubled in size, transfer it to your baking mat. Cut the dough into 12 equal pieces. Gently press each one to get rid of any air.
6. Cover the rolls once again and place back in the warm place for at least another 30 minutes allowing them to rise again.
7. Pre-heat your oven to 180 degrees Celsius at least 20 minutes prior to placing the rolls in the oven.
8. Bake the honey bread rolls in your pre-heated oven at 180 degrees Celsius for approximately 20 minutes or until they turn light golden brown in colour.
9. Allow the rolls to cool completely before storing them in an airtight container.
10. Congratulations! Your honey bread rolls are ready to be served!

Cooks Note

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