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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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