

- Prep Time: 20 minutes
- Rise Time: 1 hour 45 minutes (First rise: 60 mins | Second rise: 45 mins)
- Bake Time: 20 minutes
- Total Time: 2 hours 25 minutes
- Yield: 12 dinner rolls
- Difficulty Level / Intensity: Medium (Requires basic dough kneading and shaping)

Table of Contents



- [Equipment Needed](#)
- [Ingredients](#)
 - [For the Dough:](#)
 - [For the Butter Wash:](#)
- [Step-by-Step Instructions](#)
 - [Step 1: Proof the Yeast](#)
 - [Step 2: Mix the Wet & Dry Ingredients](#)
 - [Step 3: Knead the Dough](#)
 - [Step 4: First Rise](#)
 - [Step 5: Shape the Rolls](#)
 - [Step 6: Second Rise](#)
 - [Step 7: Bake to Golden Perfection](#)
 - [Step 8: Butter & Serve](#)

- [Pro Baking Tips for Success](#)
- [Nutritional Information](#)

Equipment Needed

- Stand mixer with a dough hook attachment (or a large mixing bowl for hand kneading)
- Measuring cups and spoons
- Liquid measuring cup
- 9×13-inch baking dish or rimmed baking sheet
- Parchment paper or non-stick cooking spray
- Clean kitchen towel or plastic wrap
- Pastry brush

Ingredients

For the Dough:

- 3 ½ cups (420g) all-purpose flour (or bread flour for extra chew)

- 1 packet (2 $\frac{1}{4}$ tsp / 7g) active dry yeast
- 1 cup (240ml) whole milk, warmed to $105^{\circ}\text{F} - 110^{\circ}\text{F}$ ($40^{\circ}\text{C} - 43^{\circ}\text{C}$)
- $\frac{1}{3}$ cup (75g) unsalted butter, melted and cooled slightly
- 3 tbsp (38g) granulated sugar or honey
- 1 large egg, room temperature
- 1 tsp fine sea salt or table salt

For the Butter Wash:

- 2 tbsp (28g) unsalted butter, melted (for brushing after baking)
- Optional toppings: Flaky sea salt, sesame seeds, poppy seeds, or chopped fresh herbs (parsley/thyme)

Step-by-Step Instructions

Step 1: Proof the Yeast

1. In the bowl of your stand mixer (or a large mixing bowl), combine the warm whole milk

(105°F – 110°F) and sugar. Stir briefly to dissolve the sugar.

2. Sprinkle the active dry yeast evenly over the surface.
3. Let the mixture sit undisturbed for 5 to 10 minutes. The yeast should become frothy, foamy, and emit a rich yeast aroma. *If the mixture does not foam, your yeast may be inactive or the milk was too hot; discard and start again with fresh yeast.*

Step 2: Mix the Wet & Dry Ingredients

1. Add the melted butter, room-temperature egg, and salt to the proven yeast mixture. Whisk gently until combined.
2. Add 2 cups of the flour to the bowl. Attach the dough hook attachment and mix on low speed for 1 to 2 minutes until roughly incorporated.
3. Gradually add the remaining $1\frac{1}{2}$ cups of flour, half a cup at a time, allowing each addition to absorb before adding more.

Step 3: Knead the Dough

- Stand Mixer Method: Knead on medium-low speed for 6 to 8 minutes. The dough should gather around the hook, pull away cleanly from the sides of the bowl, and feel smooth, soft, and slightly tacky (but not sticky).
- Hand Kneading Method: Turn the dough out onto a lightly floured surface. Knead firmly

using the heels of your hands for 8 to 10 minutes until the dough becomes smooth, elastic, and supple.

Tip: If the dough is sticking heavily to the bowl or your hands, sprinkle in additional flour 1 tablespoon at a time. Avoid adding too much flour, as excess flour will make the finished rolls dry and dense.

Step 4: First Rise

1. Lightly grease a large bowl with neutral oil or cooking spray.
2. Form the kneaded dough into a ball and place it into the oiled bowl, turning it once so the top is lightly coated in oil.
3. Cover the bowl loosely with a damp kitchen towel or plastic wrap.
4. Place the bowl in a warm, draft-free spot (such as an unlit oven with the light turned on) for 60 minutes, or until the dough doubles in size.

Step 5: Shape the Rolls

1. Lightly grease a 9×13-inch baking pan or line it with parchment paper.
2. Gently punch down the risen dough to release excess gas bubbles. Turn it out onto a

clean work surface.

3. Divide the dough evenly into 12 equal pieces (approximately 60–65 grams per piece if using a kitchen scale).
4. Shape each piece into a smooth ball: cupping your palm over a piece of dough, roll it in a smooth circular motion against the un-floured counter to build surface tension.
5. Place the shaped dough balls into the prepared 9×13-inch pan, arranged in a 3×4 grid.

Step 6: Second Rise

1. Cover the pan loosely with a clean towel.
2. Allow the rolls to rise in a warm spot for 45 minutes, or until they are puffed, touch each other lightly, and fill out the baking dish.

Step 7: Bake to Golden Perfection

1. Meanwhile, preheat your oven to 350°F (175°C).
2. Uncover the risen rolls and place the baking dish on the middle rack of the preheated oven.

3. Bake for 20 to 22 minutes, or until the tops are deep golden brown and the internal temperature reads 190°F – 200°F (88°C – 93°C) on an instant-read thermometer.
4. If the tops are browning too quickly before the centers are fully baked, tent a sheet of aluminum foil loosely over the pan around the 15-minute mark.

Step 8: Butter & Serve

1. Remove the rolls from the oven and immediately brush the hot tops with the remaining 2 tablespoons of melted butter using a pastry brush.
2. Sprinkle lightly with flaky sea salt or fresh herbs if desired.
3. Allow the rolls to cool in the pan for 10 to 15 minutes before pulling them apart to serve warm.

Pro Baking Tips for Success

1. Check Milk Temperature: Yeast thrives in warm environments between 105°F and 110°F . Anything above 120°F will kill the yeast, preventing the bread from rising.
2. Measuring Flour Accurately: Scoop flour into measuring cups with a spoon and level it off with a knife. Packing the measuring cup directly into the flour bag adds up to 25% extra flour, yielding dense rolls.

3. Make-Ahead Instructions:

- Overnight Method: After shaping the rolls into the pan (Step 5), cover tightly with plastic wrap and place in the refrigerator overnight (up to 16 hours). The next morning, bring them to room temperature for about 45 to 60 minutes until puffed, then bake as directed.
- Freezer Method: Fully baked and cooled rolls can be wrapped tightly in aluminum foil and frozen for up to 3 months. Reheat in a 350°F (175°C) oven for 10 minutes from frozen.

Nutritional Information

Values are calculated per serving (1 roll, based on a 12-roll batch).

Metric	Quantity	% Daily Value*
Calories	210 kcal	—
Total Fat	8g	10%
<i>Saturated Fat</i>	4.5g	23%
<i>Trans Fat</i>	0g	—
Cholesterol	32mg	11%
Sodium	220mg	10%
Total Carbohydrate	29g	11%
<i>Dietary Fiber</i>	1g	4%
<i>Total Sugars</i>	4g	—
Protein	5g	10%
Calcium	35mg	3%
Iron	1.8mg	10%
Potassium	75mg	2%