

- Prep Time: 30 minutes
 - Rise Time: 1 hour 30 minutes (total)
 - Cook Time: 22-25 minutes
 - Total Time: ~2 hours 30 minutes
 - Yield: 12 rolls
 - Difficulty: Moderate (Beginner-friendly with a little patience for rising)
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Ingredients

For the Dough:

- 1 cup (240ml) whole milk, warmed to 110°F (43°C)
- 2 ¼ teaspoons (1 packet, 7g) active dry yeast
- 2 tablespoons (25g) granulated sugar
- 4 tablespoons (57g) unsalted butter, melted and slightly cooled
- 1 large egg, room temperature
- 1 teaspoon salt
- 3 ½ cups (440g) all-purpose flour, plus more for dusting

For the Garlic Butter Filling & Topping:

- 6 tablespoons (85g) unsalted butter, softened

- 4 cloves garlic, finely minced or grated
 - 2 tablespoons fresh parsley, finely chopped (plus more for garnish)
 - ½ teaspoon salt
 - ¼ teaspoon black pepper
 - ½ cup (50g) grated Parmesan cheese
 - ½ cup (50g) shredded mozzarella cheese (optional, for extra gooeyness)
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Instructions

Part 1: Activate the Yeast (Intensity: Low)

1. In the bowl of a stand mixer (or a large mixing bowl), combine the warm milk, sugar, and yeast. Give it a gentle stir and let it sit for 5-10 minutes. You should see a foamy, bubbly layer form on top. This “proofing” step confirms your yeast is alive and ready to work. If it doesn’t foam, your milk may have been too hot or your yeast is expired; start again with fresh ingredients.

Part 2: Make the Dough (Intensity: Medium)

2. To the yeast mixture, add the melted butter, egg, and salt. Whisk until combined.
3. Add 2 cups of the flour and mix with a dough hook (or a wooden spoon) until a sticky dough forms.
4. Gradually add the remaining 1 ½ cups of flour, ½ cup at a time, until the dough pulls away from the sides of the bowl. It should be soft and slightly tacky but not overly sticky.
5. Knead (Intensity: High): If using a stand mixer, knead on medium-low speed for 5-6 minutes. If kneading by hand, turn the dough out onto a lightly floured surface and knead for 8-10 minutes. The dough is ready when it's smooth, elastic, and springs back when you poke it with a floured finger.

Part 3: First Rise (Intensity: Passive)

6. Lightly grease a large bowl with oil or non-stick spray. Place the dough in the bowl, turning it once to coat. Cover with a clean kitchen towel or plastic wrap.
7. Let it rise in a warm, draft-free place for 1 hour, or until it has doubled in size. Intensity
Tip: The ideal rising temperature is around 75-80°F (24-27°C). An oven that has been turned on for a minute and then turned off is a perfect, draft-free spot.

Part 4: Shape and Fill (Intensity: Medium)

8. While the dough rises, prepare the garlic butter. In a small bowl, mix the softened butter, minced garlic, parsley, salt, and pepper until well combined. Set aside.
9. Punch down the risen dough to release the air. Turn it out onto a lightly floured surface.
10. Divide the dough into 12 equal pieces. A kitchen scale is great for this, but you can also just eyeball it.
11. Flatten each piece into a rough rectangle, about 3×5 inches.
12. Spread about 1 teaspoon of the garlic butter mixture over the surface of each rectangle. Sprinkle with a pinch of Parmesan cheese.
13. Roll the dough up tightly from the short end, like a jelly roll, to form a cylinder. Pinch the seam to seal.
14. Intensity Tip: For a classic roll shape, you can also simply roll each piece into a smooth ball, place it in the pan, and then brush the tops generously with the garlic butter before the second rise. Both methods are delicious!

Part 5: Second Rise (Intensity: Passive)

15. Lightly grease a 9×13 inch baking pan. Arrange the shaped rolls in the pan, seam-side down if you made cylinders.

16. Brush the tops of the rolls generously with the remaining garlic butter. Reserve any leftover butter for a final brush after baking.
17. Cover the pan with a towel and let the rolls rise for another 30-45 minutes, until they are puffy and have nearly doubled in size again.

Part 6: Bake and Finish (Intensity: High)

18. Preheat (Intensity: Low): While the rolls are doing their final rise, preheat your oven to 350°F (175°C).
 19. Bake (Intensity: High): Once the rolls are puffy, sprinkle the tops with the remaining Parmesan and mozzarella cheese, if using. Bake for 22-25 minutes, or until the tops are a deep golden brown and the rolls sound hollow when tapped.
 20. Final Brush (Intensity: Low): Immediately after removing from the oven, brush the hot rolls with any reserved garlic butter. This final brush is the secret to a soft, flavorful crust. Garnish with a little extra fresh parsley.
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Serving Suggestions

Serve these Garlic Bread Dinner Rolls piping hot from the oven. They are perfect alongside a bowl of hearty soup, a plate of spaghetti and meatballs, or a simple roasted chicken. They also make an incredible sandwich bun for leftover meat.

Nutrition Information

Disclaimer: The following nutritional information is an estimate provided for informational purposes only. It is not a substitute for professional dietary advice. The accuracy of this information may vary based on the specific ingredients and brands used.

Serving Size: 1 roll

Servings Per Recipe: 12

- Calories: ~250 kcal
- Total Fat: 13g (6g Saturated Fat)
- Cholesterol: 40mg
- Sodium: 280mg
- Total Carbohydrates: 28g
- Dietary Fiber: 1g
- Total Sugars: 3g
- Protein: 6g