



## EASY DINNER ROLLS



### Ingredients

#### Dough

250ml | 1 cup warm milk or water (heated to 110-115° F / 43° C)  
20g | 1 ½ tbsp sugar  
7g | 2 ¼ tsp traditional dry baker's yeast  
48g | 1 large egg  
60ml | ¼ cup oil or melted butter (plus extra, for hydration)  
320g | 2 cups all-purpose flour (plus extra, for dusting)  
80g | ½ cup whole wheat flour  
2g | ½ tsp salt

#### Topping (optional)

48g | 1 large egg  
7g | 1 tbsp sesame seeds



### Instructions

Yield  
16-18 buns

Prep Time  
1 hour

Rise Time  
2-3 hours

Bake Time  
25 mins

Total Time  
4 ½ hours

1. To a heat-proof bowl add the warm milk or water and sugar, then stir to combine. Add the yeast and stir once more. Cover with plastic wrap and wrap the bowl in a tea towel. Let the mixture proof for 20 minutes until the yeast becomes expanded and bubbly.
2. Add the salt and 1 cup (125g) all-purpose flour to a large mixing bowl. Stir to combine.
3. Add the proofed yeast mixture to the bowl of flour and salt, then stir to combine.
4. Add the egg and the oil or melted butter, then mix.
5. Gradually add the remaining flour while kneading, over the course of 10-15 minutes. Dust your fingers and the dough with extra flour if the dough is too sticky to handle.
6. Smooth out the dough into a ball, then coat the dough ball and inner sides of the bowl with oil.
7. Cover the bowl with plastic wrap, then wrap in a tea towel. Let rise in a warm room for 1-2 hours.
8. Turn the dough out onto a lightly floured surface. Divide into 16-18 pieces, then roll into balls.
9. Space out the dough balls in a lightly oiled or parchment-lined baking dish (9x13-inch/23x33cm pan or two 8-inch/20cm pans). Cover with plastic wrap and a tea towel.
10. Let the buns rise for another 30 minutes. Or, chill the buns in the fridge overnight before baking.
11. Preheat the oven to 350° F / 180° C / Gas Mark 4. Position an oven rack in the centre of the oven.
12. Use a pastry brush to paint the buns with beaten egg. Sprinkle with sesame seeds if desired.
13. Bake the buns at 350° F for 20-25 minutes, or until a cake tester pulls out clean.
14. Once baked, remove the buns from the oven. Let the buns cool for 5-10 minutes before serving.