Soft Whole-Wheat Supper Rolls

8 soft whole-wheat supper rolls in one 9-in/23-cm round metal pan · Active 30 min · Total 3 hr 35 min

Ingredients

- 1 1/2 cups whole-wheat flour (180 g)
- 1 1/2 cups bread flour (180 g)
- 1 tablespoon bread flour (8 g), for dusting; unused flour may remain
- 1 cup pasteurized milk (240 ml)
- 2 tablespoons drinking water (30 ml)
- 1 1/2 tablespoons honey (30 g)
- 1 1/4 teaspoons instant yeast (4 g; check packet)
- 1 teaspoon fine salt (6 g)
- 2 tablespoons plus 1 teaspoon butter (35 g), divided:25 g dough,5 g pan,5 g finish

Set out

Oven, 9-in/23-cm round metal pan with sides at least 2 in/5 cm high, Mixing bowl, Measuring jug, Spoon, Board and dough scraper, Clean cover, Food thermometer, Cooling rack, Pastry brush

Allergens

Milk, Wheat. Check labels and substitutions.

Make it

1. Warm milk gently to 100–105°F (38–40°C), not hot. Mix with whole-wheat flour and water in the bowl and rest 10 minutes. Melt 25 g dough butter and let it become lukewarm. Stir bread flour, honey, instant yeast, salt and melted dough butter into the hydrated mixture.

2. Knead on the board 8–10 minutes until smooth and elastic, using only the separate dusting flour if needed. The dough should remain soft and slightly tacky. Return to the bowl, cover and rise 60–90 minutes until roughly doubled; allow longer in a cool room.

3. Grease the pan with 5 g butter. Divide dough into 8 equal pieces and tuck each into a round. Put one in the center and seven around it. Cover and rise 30–45 minutes until puffy and close together. During the end of the rise, heat oven to 375°F (190°C).

4. Bake 22–26 minutes until golden and center rolls reach about 190–200°F (88–93°C) as a bread-quality check, with no raw dough inside. Brush warm tops with remaining 5 g butter. Rest 5 minutes in the pan, then move to the rack and cool at least 15 minutes before pulling apart. Do not taste raw flour dough.

Plan around the oven, not against it

Bake these before a hotdish that needs a different temperature, then warm only if needed. Their rise can be observed while other preparation happens, but the oven setting still belongs to the bread.

A useful detail

The 215-minute estimate includes 10 minutes hydration, mixing and kneading, both rises at the longer stated range, baking and cooling. A cool room can extend it. Instant yeast and a half whole-wheat, half bread-flour dough are the starting formula.

Keep it well

Cool plain rolls on the rack and keep covered in the refrigerator at 40°F (4°C) or below for up to 3 days, or freeze promptly for up to 1 month for quality. Thaw in the refrigerator and warm for texture. Added perishable fillings have their own storage deadlines and are outside this plain-roll guidance.