



## FLUFFY WHOLE WHEAT ROLLS

[www.thesheepareout.com](http://www.thesheepareout.com)

*These rolls are made with my Fluffy Whole Wheat Bread recipe. The difference between the bread loaf and rolls is in how you treat the dough after it completes its first rise. Rolling the dough into balls is a great task to get the kiddos involved in. The balls don't have to be perfect, just somewhere close to tennis ball-size. As you probably already know, baked goods always taste better when they are made with fun and laughter, and the funny shaped rolls are often the most special.*

Yield: Approx. 24 rolls

### PROOFING YEAST INGREDIENTS:

¾ cup water  
1 tsp. honey  
2 packages of yeast (or 4 ½ tsp.)

### DOUGH INGREDIENTS:

8 cups whole wheat bread flour  
1 tbsp. salt  
2 cups water  
1 egg  
2 tbsp. honey  
¼ cup canola oil

### DIRECTIONS:

1. Combine the water and honey from the proofing yeast ingredients in a microwave safe bowl and heat in the microwave for 30 seconds. Stir in the yeast and set the mixture aside to proof for 10 minutes.
2. Combine the whole wheat bread flour and the salt in a large bowl or the bowl of a stand mixer fitted with a dough hook, and briefly stir the salt into the flour. This does not need to be perfect, just to combine the salt enough that it won't hit the yeast in a large clump and slow the yeast formation.
3. Add the rest of the dough ingredients to the flour and salt mixture, and then add the proofed yeast. If using a stand mixer, stay on Speed 1 (or manufacturer's directions) until the ingredients are almost combined. Once the ingredients are nearly combined switch to Speed 2 and "knead" the dough for 6 minutes. If making the bread by hand, scrape the contents of the bowl out onto a lightly floured board and knead by hand for 15 minutes. Dough will likely be slightly sticky, but avoid adding extra flour as much as possible.
4. Once the dough has been thoroughly kneaded, place it in a large, warm bowl that has been lightly coated with oil. Flip the dough ball over and cover the bowl lightly with plastic wrap. Then cover this with a clean towel and place it somewhere warm to proof. This should take 45 minutes to an hour, or as long as it takes for the dough to double in size.
5. Once the dough has doubled, gently press down on it to release the built up gasses, and let it rest for 8 minutes before continuing.
6. Preheat your oven to 350°F and prepare a large baking sheet by lining it with parchment paper.
7. After the dough has rested you need to portion it. The easiest way to do this is to divide the large mass into six roughly equal logs. Then cut each log into 4 roughly equal portions. Roll each portion into a ball and place them in four rows of six dough balls each on the prepared baking sheet. The balls will rise to touch each other, so they shouldn't be too closely packed at this time.
8. **To bake immediately:** Cover the pan loosely with plastic wrap and a clean kitchen towel, then set it aside to rise for about 45 minutes or doubled in size. Proceed to baking instructions.
9. **To freeze for future use:** Loosely cover the pan with plastic wrap, making sure that none of the rolls are touching, and place the entire thing into the freezer. Once the rolls are frozen, remove the tray from the freezer and place the rolls into freezer bags, being sure to label the bag well. The rolls can be frozen for 2-3 months. Remove the dough from the freezer and thaw them well on a parchment paper-lined baking sheet then proceed to baking instructions.
10. **Baking Instructions:** Preheat your oven to 350°F and bake the rolls for 20 minutes. You may want to rotate the baking sheet half way through the baking time, and keep an eye on the color of the rolls as they bake. If they start to brown too quickly place a piece of aluminum foil loosely on top of them. If the rolls have baked for the entire 20 minutes, but you are unsure if they are done inside you can check a roll's internal temperature to ensure that it has reached 190°F. Cool on wire racks. These rolls can be made the night before you plan on serving them. Simply warm them up briefly and enjoy!

