Easy Whole Wheat Dinner Rolls

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Soft - Fluffy - Easy
Whole Wheat Dinner Rolls from freshly milled whole grain



Makes: Approx 12 - 3oz Rolls

Ingredients:

1-1/2 cups **Warm Water** or Milk
1/4 cup **Sucanat***, Honey, Brown Sugar or Raw Sugar
2 teaspoons **Sea Salt**
1 Tablespoon **Sunflower Lecithin**, optional
1 teaspoon **Gluten**, optional

4+ cups **Hard Red Flour**, Hard White or Spelt, freshly milled, divided
Bean Flour* optional, see tips
1 Tablespoon **Instant Yeast**

1/4 cup **Flax Seed**, Ground fresh
1/4 cup **Olive Oil**

Egg & Milk Wash

1 **Egg White**
1 teaspoon **Milk**

Instructions

PREHEAT OVEN: to 400 degrees.
PREPARE PAN: Use a baking stone or lightly grease a baking pan or baking dish

1. **Combine** first 6 ingredients plus half the flour
In mixer bowl add water, sugar, salt, lecithin, gluten, 2-1/2 cups of the flour and yeast on top. Mix well with wooden spoon.

2. **Rest dough**: Cover and allow flour to hydrate for about 15-20 minutes.

3. **Adding Remaining Ingredients:** Add flax seed and oil.
With dough hook in place, turn mixer on low. Start adding additional flour 1/2 cup at a time. Allowing the dough hook to work in the flour a few turns. Keep adding flour UNTIL the dough pulls away from the side of the mixer bowl ONE TIME. Stop adding flour.

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4. **Kneading**: Knead dough for about 8-9 minutes (by hand 10-12 minutes).

5. **Forming Rolls**: With a little olive oil on your hands and work surface turn out dough. Form into a large ball. Cut into 12 equal portions or weigh each roll at 3 ounces. Roll into a smooth ball. Place evenly on lightly greased baking sheet, baking dish or stone.

6. **Egg-Milk Wash**: For a shiny look, mix together egg white and milk. Gently brush each roll, all sides.

7. **Rise**: Cover with plastic or slightly damp light-weight towel. Allow to rise 20-40 minutes in a warm draft-free place.

8. **Bake**: Last 10 minutes of the rise, preheat oven to 350 degrees. Remove covering, bake in preheated oven 20-25 minutes.

Tips

Flour – You may use Hard White or Red, Kamut/Khorasan, or Spelt flour. If you do not mill your own grains yet, then use unbleached organic all-purpose flour.
Bean Flour – Mill 1 tablespoons dried navy or other beans when you mill your grain. If you don't mill yet, no worries, just skip it. Bean flour adds so much extra nutrition. Power-up those muffins!
Flax Seed – Grind about 2 Tbls of whole flax seed to yield about 1/4 cup. It doesn't have to be exact.
Sucanat – Real brown sugar. Dehydrated raw cane juice with the molasses still in it; unprocessed, unbleached.

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