

Parker House Rolls

Makes 24 rolls

Ingredients

4 to 4¼ cups (500 to 531 grams) all-purpose flour, divided
⅓ cup (67 grams) granulated sugar
1 tablespoon (9 grams) kosher salt
2¼ teaspoons (7 grams) instant yeast
¾ cup (180 grams) whole milk
⅔ cup (160 grams) water
¼ cup (57 grams) unsalted butter, cubed
1 large egg (50 grams), room temperature
½ cup (76 grams) unsalted butter, melted
Flaked sea salt, for sprinkling

Instructions:

In the bowl of a stand mixer fitted with the paddle attachment, beat 1⅓ cups (167 grams) flour, sugar, kosher salt, and yeast at medium-low speed until well combined.

In a medium saucepan, heat milk, ⅔ cup (160 grams) water, and cubed butter over medium heat until butter is melted and an instant-read thermometer registers 120°F (49°C) to 130°F (54°C). Add warm milk mixture to flour mixture; beat at medium-low speed for 2 minutes, stopping to scrape sides of bowl. Add egg; beat at medium-high speed for 2 minutes, stopping to scrape sides of bowl. With mixer on low speed, gradually add 2⅔ cups (333 grams) flour, beating just until combined and stopping to scrape sides of bowl.

Switch to the dough hook attachment. Beat at medium-low speed until a soft, somewhat sticky dough forms, 6 to 8 minutes, stopping to scrape sides of bowl and dough hook; add up to remaining ¼ cup (31 grams) flour, 1 tablespoon (8 grams) at a time, if dough is too sticky. (Dough should pass the windowpane test [see Note] but may still stick slightly to sides of bowl.) Turn out dough onto a very lightly floured surface, and gently shape into a ball.

Spray a large bowl with cooking spray. Place dough in bowl, turning to grease top. Cover and let rise in a warm, draft-free place (75°F/24°C) until doubled in size, 35 to 50 minutes.

Position oven rack in top third of oven. Preheat oven to 350°F (180°C). Line 2 light-colored metal baking sheets with parchment paper.

Punch down dough; cover and let stand for 5 minutes. Divide dough in half, covering 1 portion with plastic wrap. On a lightly floured surface, roll uncovered half into an 11-inch square, about ¼ inch thick. Using a 2¾-inch round cutter, cut dough, discarding scraps. Gently stretch each circle into a 3×2-inch oval; place smoothest side of oval facing downward. Brush each oval with melted butter. Using the back

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of small knife, make a crease crosswise in center of each oval; fold ovals in half along crease, pressing to seal. Place at least 1 inch apart on a prepared pan. Repeat procedure with remaining dough. Cover and let rise in a warm, draft-free place (75°F/24°C) until nearly doubled in size and dough holds an indentation when poked, 20 to 25 minutes.

Brush tops of rolls with melted butter.

Bake, one batch at a time, until lightly golden, 12 to 15 minutes. Brush warm rolls with remaining melted butter, and sprinkle with sea salt. Serve warm.

Credit: bakefromscratch.com