



Fluffy Whole Wheat Dinner Rolls

Recipe Source: www.melskitchencafe.com

Yield: 12 rolls

Ingredients:

- 1 ½ cups warm water
- ¾ Tbsp instant yeast (or 1 Tbsp active dry yeast)
- 2 Tbsp granulated sugar or honey
- 2 Tbsp canola oil
- 1 tsp salt
- ¼ cup vital wheat gluten
- 3-4 cups whole wheat flour

Steps:

- In the bowl of a stand mixer, or in a large bowl by hand, combine the warm water and yeast. (If using active dry yeast, let the yeast proof in the water for 5 minutes or so until foamy before adding the other ingredients.) Add the sugar, oil, salt, gluten, and 2 cups of the flour.
- While mixing, gradually add some of the remaining flour until the dough has pulled away from the sides of the bowl. Judge the dough by how it feels, not necessarily by the exact flour amount called for in the recipe – you may not need to use all the flour. The dough should be soft and smooth but still tacky to the touch.
- Knead the dough until it is very smooth and elastic, about 7 minutes in a mixer or 10-12 minutes by hand. As the dough is kneaded, it will continue to absorb liquid and become less sticky so take care not to over-flour at first. You can always add a bit of flour partway through if the dough seems overly sticky.
- If kneading by hand, try using a bit of oil or cooking spray on the counter instead of flour to help prevent stickiness. Lightly spray a large bowl with cooking spray and place the dough in the bowl. Cover the bowl with lightly greased plastic wrap. Let the dough rise until it doubles, 1-2 hours.
- Lightly punch down the dough and turn it out onto a lightly greased countertop. Divide the dough into 12 equal pieces and form the dough into round balls.
- Place the rolls on a lightly greased or silpat-lined 11x17 baking sheet about an inch or two apart. Cover the rolls with lightly greased plastic wrap. Let the plastic wrap gently hang over the sides of the pan to fully cover the rolls but not press them down. Let the rolls rise until doubled, about 45 minutes.
- Preheat the oven to 400°. Bake 12-14 minutes until lightly browned and cooked through.

Tips from the Test Kitchen: Use white (versus red) whole wheat flour for the best results. It will create a lighter texture, closer to rolls made with all-purpose flour. Vital wheat gluten can be found in the baking or natural foods aisle of your grocery store (near the flour). It helps develop the gluten in the flour so your rolls will be fluffier even with using whole wheat flour. It also adds protein!



Nutritional Facts (per serving): Calories: 182, Carbohydrates: 33 grams, Protein: 7 grams, Total Fat: 3 grams, Saturated Fat: 0 grams, Cholesterol: 0 mg, Sodium: 196 mg, Fiber: 5 grams, Total Sugars: 3 grams.