

## 4-H FOODS RECIPE CARD

Project Level: **C**

Dept./Section/Class: **Grade 7 (3) Yeast Rolls**

Name of Product: **Honey Whole Wheat Dinner Rolls**

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### INGREDIENTS:

1 cup warm whole milk

1 (1/4 oz) packet active dry yeast

4 tablespoons honey, divided

1/3 cup unsalted butter, at room temperature

1 large egg, at room temperature

1 ½ cups all- purpose flour

2 cups whole wheat flour

½ teaspoon kosher salt

2 tablespoons melted unsalted butter

### INSTRUCTIONS:

1. Combine milk, yeast and 1 tablespoon honey in a small bowl; let stand until foamy, about 5 minutes.
2. In the bowl of an electric mixer fitted with paddle attachment, beat butter and remaining 3 tablespoons honey on medium speed until well combined, about 1-2 minutes. Beat in egg until well combined. Beat in yeast mixture, all-purpose flour and salt until a smooth batter forms.

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3. Using the dough hook, gradually add whole wheat flour, 1/2 cup at a time, until a soft, smooth ball of dough is formed. The dough should feel elastic and slightly tacky to the touch. Increase speed to medium-high and beat for 3 minutes.
4. Lightly oil a large bowl or coat with nonstick spray; place dough in bowl, turning to coat. Cover with a clean dishtowel and let stand in a warm spot until dough has doubled in size, about 45 minutes to 1 hour.
5. Gently deflate dough by punching down. Roll into a 15-inch rope; cut into 15 1-inch pieces, pressing each piece into a disk, then shaping into a ball.
6. Lightly oil a 9×13 baking dish or coat with nonstick spray. Place dough balls into the prepared baking dish; brush tops with butter. Cover with a clean dishtowel and let stand in a warm spot until dough has doubled in size, about 30-45 minutes.
7. Preheat oven to 375 degrees F. Place into oven and bake until golden brown, about 18-22 minutes.
8. Serve warm.

**Recipe Source:** <https://damndelicious.net/2018/01/29/honey-whole-wheat-dinner-rolls/>