



SAUNDERS' MALT EXTRACT

Preparation

30
MINS

Fermentation

8
HRS

Proofing

2
HRS

Makes

13

Difficulty

MEDIUM

PULL APART SOFT DINNER ROLLS

These dinner rolls are fluffy and partner well with soup or just smothered in butter. The “sponge” is a preferment of flour, water and yeast. It’s what makes this bread light and soft even the next day.

INGREDIENTS

Sponge

- 150g bread flour
- 150g room temperature water
- 1g instant dried yeast

Dough

- 250g bread flour + 2 tablespoons (optional)
- 75g Saunders' Malt Extract
- 1 large egg, room temperature
- 60g Japanese mayonnaise
- 6g salt
- 6g instant dried yeast

METHOD

- 1** To make the sponge, mix together 150g flour, 150g water and 1g yeast in a bowl. Cover and allow to ferment for 8 hours.
- 2** When you're ready to make the bread, in the bowl of the stand mixer add in the sponge and the rest of the dough ingredients. Using the dough hook attachment of the stand mixer, knead everything together for 5-7 minutes until the dough is smooth and slightly sticky. If the dough is too sticky, add in one tablespoon of flour at a time whilst the mixer is on.
- 3** Turn the dough out and shape into a ball and place in a lightly oiled bowl. Cover and allow the dough to proof for 1 hour or until doubled in size.
- 4** Deflate the dough and turn it out onto a lightly floured bench top. Divide the dough into 13 pieces. Tightly shape each piece of dough into balls. Place the balls of dough into a lightly greased 23cm round tin. They should be lightly touching but space them out to allow room for the dough to expand. Cover with a tea towel and proof for 30-60 minutes until the dough has almost doubled in size. During this time preheat the oven to 180°C.
- 5** Bake the rolls for 15 minutes or until the tops are golden brown.

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