

# Sour Cream Bread Rolls

Bialik College Kitchen Garden Program



## Ingredients:

- 2 ½ to 3 cups Plain flour
- 2 tablespoons caster sugar
- 1 ½ teaspoons active dry yeast
- 1 teaspoon salt
- 1 cup sour cream
- ¼ cup water
- 2 tablespoons butter
- 2 eggs, one for the dough and the other for the egg wash

## Equipment:

- Metric measuring cups and spoons
- Small saucepan
- 20x20cm baking tray
- Stand mixer with dough hook
- Clean tea towels
- Mixing bowls
- Pastry brush
- Baking paper

## Method:

1. In the stand mixer bowl, combine 1 ½ cups of flour, sugar, yeast and salt.
2. In a small saucepan, heat the sour cream, water and 2 tablespoons butter stirring to mix until it heats and all ingredients are melted. Allow to cool for a few minutes.
3. Once mixture has cool slightly, add to the dry ingredients.
4. Beat on medium speed for 2 minutes. Add egg and ½ cup flour and beat for an additional 2 minutes. Stir in enough mixture to form a soft dough.
5. Knead dough in the stand mixer using the dough hook attachment for 8 minutes until smooth and elastic.
6. Turn onto a floured surface and gently shape dough into a ball. Place in a greased bowl, turning one to grease the top. Cover with a clean tea towel and let rise in a warm place for 1 hour, or until doubled in size.
7. After an hour, punch the dough down. Turn onto a lightly floured surface and divide into 12 pieces. Shape each into a smooth ball. Place each ball inside a 20x20cm baking tray lined with baking paper.
8. Cover with a clean tea towel and let it rise for a further 15-30 minutes.
9. Preheat oven to 180C.
10. In a small bowl beat egg and brush on top of the rolls once they've risen.
11. Bake at 180C for 15-20 minutes or until golden brown.