

# Toasted Oat Dinner Rolls

Made with the finest, all-natural ingredients, these are delicious rolls to serve for lunch or dinner.

**Yield:** Eight Rolls. Make one 9" / 23 cm round pan or sixteen rolls in two 9" / 23 cm round cake pans if you have the Shelf Kit accessory.

**Timing:** About 5 hours total.



## Dough

Ingredients	Volume	Grams	Ounces
Rolled oats, toasted	1¼ C	100	
Boiling water	½ C + 2 T	139	
Cold milk	½ C	113	
Unsalted butter	4 T	50	
Egg	1	50	
Honey	2 T	40	
Bread flour	2½ C	300	
Whole wheat flour	½ C	60	
Salt	1¼ tsp	7	
Instant yeast	1½ tsp	5	

## Egg Wash Topping

Ingredients	Volume	Grams	Ounces
Egg	1	50	
Water	2 T	30	
Rolled oats*	1 T	5	

\*Optional

**Equipment:** Brød and Taylor Folding Proofer, flat sheet pan, large mixing bowl, stand mixer is helpful for kneading the dough. One round 9" / 23 cm pan. The Brød and Taylor accessory Shelf Kit is necessary if making a double recipe in 2 round pans.

**Toast the Oats.** On a sheet pan toast the oats for 10 minutes at 350 °F / 176 °C.

**Soften the Oats.** Place the oats in a large mixing bowl or the bowl of a stand mixer. Pour the boiling water over the oats and let stand at room temperature for 10 minutes.

**Prepare the Proofer.** Set up your Proofer with about ¼ C of water in the tray. Set to Proofing mode with the temperature at 85 °F / 29 °C for all proofing while following this recipe.

**Add the Next Four Ingredients.** Add the cold milk to the oat mixture and give it a quick stir to moisten the oats. Then add the egg, honey, and butter. Stir to combine.

**Add the Flours.** Add the flours, salt and yeast. Mix all ingredients until there are no bits of dry flour remaining in the bowl.

**Proof the Dough.** Place the bowl with dough into the Proofer and allow the dough to autolyze (rest) for 1 hour.

**Knead the Dough.** Remove the bowl from the Proofer and either knead the dough by hand on a very lightly floured counter or place the dough hook on your stand mixer and knead by machine. If you are kneading by hand, it will take about 7-10 minutes to achieve a smooth and elastic dough. Avoid adding extra flour to your work surface as it may make drier and heavier finished rolls. If you are kneading with a stand mixer, it will take about 5 minutes. Knead until the dough clears the sides of the bowl and is slightly tacky, but not sticky.

**Proof the Dough again.** Wash and lightly oil a bowl with sufficient room for the dough to double in size. Place the dough back in the Proofer for another hour. The dough will double in bulk during this proof.

**Divide the Dough.** Turn the risen dough out onto a lightly floured counter and divide into 8 equal pieces. Shape into nice little round balls and place them in a lightly buttered 9" / 23 cm round cake pan. You can also line the bottom of the pan with parchment over the buttered surface, if desired.

**Final Proof of the Rolls.** Place the rolls back into the Proofer and proof for one more hour. They will touch each other once they have risen. Thirty minutes into this proofing time, preheat your oven to 375 °F / 190 °C with the oven rack positioned in the middle of your oven. Combine the egg with 2 T of water and mix well to combine, set aside. Separately set aside 1 T of rolled oats in a small bowl.

**Prepare to bake.** After the last hour of proofing, place the rolls on a counter. Lightly brush the tops of each roll with the egg wash solution and sprinkle the tops with a few rolled oats.

**Baking the Rolls.** Place in the pre-heated oven and bake for 25-30 minutes or until golden brown and the internal temperature of the rolls is 195 °F / 90 °C. Remove them from the oven. After cooling 5 minutes remove rolls from the pan. Place the rolls on a cooling rack for at least 10 minutes. Enjoy the rolls while they are still warm.