

Hawaiian Rolls

By Jesse Dodson

Soft, sweet and flavorful rolls made with slowly fermented flour, pineapple juice and a hint of ginger from Chef Jesse!

Yield: 12 rolls

Prep Time: 9 hr

Bake Time: 30 min

Ingredients:

Pre-Ferment

- 1/4 cup (59g) water, approx. 80-90°F
- 1/2 cup + 1 tablespoon (90g) Caputo "00" Chef's Flour
- 1/4 teaspoon (1g) Caputo Lievito Dry Yeast

Dough

- 150g preferment (all of it)
- 2 teaspoons (12g) sea salt, fine
- 1/4 teaspoon (1g) ground ginger powder
- 1/2 cup + 1 tablespoon (112g) sugar, superfine
- 1 large egg (55g)
- 1/3 cup (80g) pineapple juice, canned, room temp
- 1 teaspoon (4.3g) vanilla extract
- 1/4 cup (56g) canola oil
- 1/2 cup + 2 teaspoons (128g) water, approx. 80-90°F
- 3 cups + 3 tablespoons (510g) Caputo "00" Chef's Flour
- 1 tablespoon (10g) Caputo Lievito Dry Yeast
- Egg wash: 1 egg + 2 tablespoons water, room temp



Instructions:

Mix the Pre-Ferment

1. Stir the Caputo Lievito Dry Yeast into 80-90°F water, it does not need to be dissolved.
2. Mix in the Caputo "00" Chef's Flour by hand until fully incorporated.
3. Place in bowl and cover with plastic.
4. Let it stand at room temperature (68-72°F) until doubled in volume, about 4-5 hours, or place it in the refrigerator overnight.

Make The Dough

1. After the pre-ferment has reached maturity, begin making the dough.
2. Measure all dough ingredients and place them into the bowl of a stand mixer. *Make sure the water temperature (80-90°F).
3. Place the bowl in mixer and attach the dough hook.
4. Mix on a low speed (speed 1) for approx. 7 minutes. *Stop mixer and push any dough that climbs the hook back down every minute or so. The dough will come together into a cohesive ball after 2 mins.

Continue to mix for the full 7 minutes. *In Kitchen Aid mixer about 7 minutes on speed 1.* *The slow speed mixing allows the flour to absorb the liquid and begin developing gluten bonds.

5. Mix on the 2nd speed for another 8-10 minutes. Stop the mixer and push any dough that climbs the hook back down every minute or so. *In Kitchen Aid mixer about 8-10 minutes on speed 2.* *The 2nd speed mixing develops gluten bonds. This dough requires a lot of mixing to achieve a fine, soft texture in the finished rolls.
6. Using a probe thermometer, take the dough temperature. It should be between 75 & 85°F.
7. Prepare a 12" bowl by lightly spraying with pan spray.
8. Place the dough in the bowl and cover with plastic.

Fermentation

1. Let the dough stand at room temperature (68-72°F) until it has increased in volume by about 50%, or 2 hours.

Dividing & Shaping

1. Prepare a 9" x 13" x 2" baking pan, casserole dish or similar by lightly greasing with pan spray, and set aside.
2. Turn the dough onto a clean, lightly floured work surface.
3. Using a knife, bench scraper, and digital scale, cut and measure out 12 pieces of dough into 3oz (85g) pieces.
4. Roll each piece into a tight ball for round rolls.
5. Place the rolls, evenly spaced, into the prepared baking pan, 3 pieces across in rows of 4.
6. Cover loosely with plastic.

Proofing

1. Let the rolls rise (proof) at room temperature (68-72°F) for approx. 2.5 to 3 hours. Rolls will double in size.

Prepare to Bake

1. After the rolls have been proofing for 2 hours, begin preheating the oven to 325°F.
2. Prepare the egg wash by stirring the egg and water together until even in consistency.

Baking

1. After the rolls have proofed, remove plastic.
2. Using a pastry brush, gently brush an even coat of egg wash across the entire top surface of the rolls (there will be egg wash leftover).
3. Place in the pan in the center of the oven preheated to 325°F.
4. Bake for 25-30 minutes to amber-brown or desired color.
5. Let the rolls cool before cutting. It is always tempting to tear into warm bread fresh from the oven, however allowing the bread to cool to room temperature before cutting will complete the baking cycle, permitting the internal moisture to balance, starches and proteins to finish bonding and flavors to round out, ensuring the rolls will stay fresh longer, have a better texture and more flavor.
6. Once cool, store the rolls at room temperature in plastic for up to 3 days.

Notes: Extensive mixing and adequate fermentation are required to achieve a light, even and soft texture in this dough.