



## Fresh French Bread Rolls

By Erin Fletter

**Prep Time** 35 / **Cook Time** 20 / **Serves** 12 - 24

### Equipment

- Oven
- Muffin pan (1-2)
- Medium mixing bowl
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Small bowl
- Large mixing bowl

### Ingredients

#### Fresh French Bread Rolls

- 1 C + 2 T of warm water
- 1/3 C vegetable oil
- 2 T active dry yeast
- 1/4 C sugar
- 1 egg **\*\* (for EGG ALLERGY sub vegetable oil + water + baking powder—more info below)\*\***
- 1/2 C Parmesan or asiago cheese, optional **\*\* (Omit for DAIRY ALLERGY)\*\***
- 3 1/2 C all-purpose or bread flour **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour + extra sugar + more water—more info below)\*\***

□ 1 tsp salt

## Food Allergen Substitutions

### Fresh French Bread Rolls

**Egg:** For 1 egg, substitute 1 1/2 T vegetable oil + 1 1/2 T water + 1 tsp baking powder.

**Dairy:** Omit optional Parmesan or asiago cheese.

**Gluten/Wheat:** For 3 1/2 C all-purpose flour, substitute 3 1/2 C gluten-free/nut-free all-purpose flour + 2 extra T sugar + 2 T to 1/4 C more water.

## Instructions

### Fresh French Bread Rolls

preheat + measure + mix + rest

Preheat the oven to 400 F. To a mixing bowl, measure and mix together **1 cup plus 2 tablespoons warm water, 1/3 cup oil, 2 tablespoons active dry yeast,** and **1/4 cup sugar**. Allow this mixture to rest for at least 15 minutes.

crack + whisk + add

Crack **1 egg** and whisk it in a bowl. Add whisked egg to the yeast mixture. Add **1/2 cup of grated Parmesan cheese**. Measure **3 1/2 cups of flour** and **1 teaspoon salt** together in a separate mixing bowl. Add the dry ingredients 1/2 cup at a time to the wet ingredients, mixing well after each addition to form a dough.

rest + oil + bake

Let dough rest for 5 to 20 more minutes. Brush two muffin pans with oil. Then shape the dough into 24 balls and nestle one into each well of the muffin pan. Bake until bread rolls rise and are golden brown on top, about 15 to 20 minutes.

## Featured Ingredient: Baker's Yeast!

Hi! I'm Baker's Yeast!

"Did you know that I'm a living organism? If you add baker's yeast to dough, it will cause your bread, cinnamon rolls, doughnuts, and more to rise up! Just add me to warm water with a little sugar (which I love to eat) and wait at least five minutes until I burp some gas bubbles (excuse me!) and get foamy at the top before adding me to your flour and other ingredients!"

Yeasts are single-celled, microscopic members of the fungus kingdom. Baker's yeast is from the species *Saccharomyces cerevisiae*. It is the strain of yeast used to leaven (or raise) bread and other types of dough. It is also used in beer and winemaking.

There are several varieties of baker's yeast: active dry yeast, compressed yeast, cream yeast, deactivated yeast, instant yeast, and rapid-rise yeast. Home bakers and Sticky Fingers Cooking chef instructors generally use active dry yeast, instant yeast, or rapid-rise yeast when baking.

Active dry yeast must be activated by adding a warm liquid, like water or milk. Its granules are larger than the other dry yeasts, instant and rapid-rise, which do not have to be rehydrated (or proofed).

The word "yeast" comes from the Old English "gist," of Germanic origin, from an Indo-European root "yes-," meaning to "boil," "foam," or "bubble."

Baker's yeast has some protein, fiber, B vitamins, and potassium; however, the amount you would get from a packet of active dry yeast distributed throughout a dough would be minimal.

Nutritional yeast, a deactivated yeast, contains more protein, fiber, B vitamins, and potassium than active dry yeast. People who eat a vegan or vegetarian diet often add nutritional yeast to foods to supplement these nutrients and add a nutty or cheesy flavor to foods.