

Kaiser Rolls

This bread has a hard crust (which means we want to create STEAM in our oven). Throw some ice cubes in the oven with the bread (but not in the bread pan), and you'll do alright.

Ingredients

Directions

1. Start your tea kettle.
2. Mill the flour as fine as you can.

MAKE THE YUDANE

4. Mix the yudane ingredients (boiling water and flour) together to form a paste.

MIXING THE DOUGH

6. Add the cold water to the mixing bowl, directly on top of the yudane paste. Then add the remaining ingredients to the bowl.
7. Knead with your stand mixer or by hand until smooth and shiny, and it passes the windowpane test.
8. Let the dough rise until doubled in size.
9. Gently deflate the dough, and divide it into 8 peices, each a little over 100 grams.

SHAPING THE ROLLS

11. Roll each dough ball into a log, 12-14 inches in length, and shape it like the letter U. Bring the left end up and over the right side, then under it, and up through the hole created. Leave about an inch or so of tail pointing down below the curve of the U. Gently stretch the right side of the U upward, then bring it up over the round created by the other side and down into the hole. Flip it over, and seal that end with the other end. Adjust the shape as needed. Gaps are good - we will give the roll plenty of space to fill in as it rises.

PROOFING AND BAKING

13. Let each kaiser roll rise upside down, then pinch the two ends back together if they separated before flipping them over to bake.
14. An egg wash is optional. Mix 1 egg with a tablespoon of water, and brush it on top of each roll. Feel free to top with poppy seeds, sesame seeds, or other topping of your choice. The egg wash will help them stick nicely.
15. Bake at 450°F with STEAM. Add a pan of boiling water or a pan of ice cubes to the bottom of the oven when you put your bread in, then close the oven immediately after placing the rolls into the oven on a baking sheet or baking stone. Bake 10-15 minutes or until the center of the roll is 190 F.
16. Let cool. Best baked fresh, but if you MUST store them, make it in a paper bag so it helps absorb the moisture and keep the outside crusty.

Notes