



Sub Rolls | Superbly Soft Enriched Loaf

These rolls can be super quick and easy to make, especially if you skip the first rise (AKA fermentation) and go directly to shaping while the oven pre-heats. Thank me later, these are winners every summer for hoagie-fest without the chemicals.

Ingredients

- 510 g wheat berries, hard
- 40 g water, boiling
- 320 g milk, whole
- 12 g yeast
- 10 g sea salt
- 50 g honey
- 50 g butter
- 50 g egg, whole (1 whole)
- 10 g lemon, juice (or 1/8 tsp vitamin C powder)

Directions

1. Active Dry Yeast:
2. If using active dry yeast, place 100 g of the water into a cup, along with the yeast and 10 grams of the sweetener from your recipe.
3. Let sit until "Add in Yeast and Salt" step.
4. Mixing:
5. Place a small cup on your scale, press the ZERO or TARE button. This is called "zeroing out the scale".
6. Add 20 grams of flour to the cup, and zero out the scale as you did in the previous step.
7. Pour 40 grams of boiling water into the cup, and quickly mix the two together to form a paste.
8. Place your mixing bowl on your scale and zero out the scale.
9. Add everything EXCEPT the yeast and sea salt to your mixing bowl, and knead for 5-7 minutes with a dough hook on the recommended speed for your mixer for the dough hook (usually speed 2 or 3), or whisk it until the mixture comes together (about 1 minute) with your whisk attachment (on highest speed).
10. Optional: Skip for super quick rolls in under an hour. Let the dough rest for 15-20 minutes.
11. Add in Yeast and Salt:
12. Sprinkle the yeast (or the mixture from the active dry yeast steps, if using) and salt into the mixing bowl over the dough.
13. Mix for several minutes, until your dough passes the windowpane test. This is done by turning off your mixer, and gently/slowly stretching the dough to see if light can be seen through it before breaking. If so, you've passed the test and can move on. If your dough looks tough or dry, you can slowly drizzle water in during the mixing until it is a consistency you like.
14. First Rise (AKA Fermentation):
15. OPTIONAL: Skip for super quick rolls in under an hour. Let the dough rise, covered, until doubled. When you press a wet finger into the dough, it should remain pressed in, and not spring back quickly. If the dough ball loses air when you do this, you waited too long. Move on, it'll still be and alright loaf.
16. Punching Down the Dough:
17. Gently pull up on one side of the dough, and gently press it into the center of the dough ball. Turn the bowl by one quarter, and repeat until you've done this 4 times. This helps ensure a consistent dough temperature, and a more

consistent crumb.

18. Scaling & Shaping:

19. Divide your dough into 5, approximately 250 grams per foot long or however you care to size them.

20. Shape each dough ball into a small loaf as long as you want your sub roll to be. Then flatten it down with the palm of your hand and set it in it's form to rise, or on parchment next to the others (with a little space between) if not using a special pan.

21. Second Rise (AKA Proofing):

22. Preheat your oven to 420 F.

23. Washing:

24. Brush each risen sub roll with an egg wash (1 egg and 1 tbsp of water, whisked together) using a pastry brush or your fingers if you don't have one. Sprinkle on any toppings. This egg wash will help them stick to the dough, and give you a golden crust.

25. Baking:

26. Place your baking sheet gently into the middle of the oven, and close the oven door.

27. Set a timer for 15 minutes, and remove once the dough is 200 F. You can check them at 12 minutes the first time you do this, to be sure your oven isn't too hot.

28. Cooling and Storing:

29. Gently remove the baking sheet from the pan, and move the rolls onto a baking rack to cool. Slicing and eating these hot isn't as big of a deal since they are single serving size.

30. Slice your bread with a very sharp serrated bread knife.

31. Store on the counter in a plastic bag or beeswax wrap for a few days, in the fridge if your climate is very hot and humid, or slice and freeze the loaf for bread on the fly. It defrosts quickly without any extra steps.

Notes