

# Salted Honey Butter House Rolls

SIMPLE RECIPE

GUARDIAN GRAINS



## Ingredients

- 1 tablespoon butter (for baking pan)
- 3 Cups Guardian Grains Bread Flour
- 1 1/2 Cups Guardian Grains Spelt Flour
- 4 1/2 teaspoons of instant yeast
- 2 teaspoons kosher salt
- 1 1/3 Cups whole milk
- 1/4 Cup melted butter
- 4 Tablespoons local honey
- 1 Large egg
- 2 Large egg yolks
- \*\*For the egg wash 1 large egg beaten
- \*\*For Honey Butter
- 1/4 Cup Butter melted
- 2 Tablespoons local honey
- Flakey sea salt

## Directions



1. Butter 9x13 baking pan.
2. In a stand mixer using dough hook: add flour, yeast and salt, mix until combined.
3. In a small pot, over medium-low heat, warm milk, butter and honey just until butter is melted. Liquids should only be luke warm to avoid killing the yeast.
4. Pour the liquid into dry ingredients. In a small bowl, add the egg and egg yolks and beat until combined. Next add the beaten eggs to the flour and knead for 5-7 minutes until smooth and elastic.
5. The dough can be a tad sticky, that is ok. Rub a medium bowl with 1 tsp of olive oil, transfer dough to greased bowl and cover 30-40 min in warm place.

## Assemble The Rolls

- Divide the dough into 12 equal parts
- Roll the dough into balls, stretching the dough and pinching under the the dough ball making a smooth top.
- Place dough balls in buttered pan and allow to rise in a warm place under a dishtowel or plastic wrap for 1 to 1 1/2 hours. They should be double in size.
- Preheat the oven to 350 degrees. Brush the tops of the rolls with egg wash and bake 20 minutes

## To Make The Honey Butter

- In a small saucepan, melt the butter and add the honey. Mix until smooth.
- When the buns come out of the oven, immediately brush the tops with the honey butter mixture and sprinkle with flakey sea salt (coarse kosher salt is ok too)