



## Einkorn Dinner Rolls

### **Ingredients:**

3 ½ tsp. Yeast  
2 ½ Tbsp. Sugar  
¾ cup Whole Milk  
1 Large Egg + 1 Large Egg Yolk  
2 Tbsp. ground Flax  
2 Tbsp. water  
3 ¼ Einkorn flour  
¾ tsp. Sea Salt  
12 Tbsp. Unsalted Butter

### **Procedure:**

Mix the yeast and sugar together. Heat ¾ cup of the milk to between 110° and 115°. Sprinkle your yeast/sugar mixture over your warm milk and let it rest until softened. (3 – 5 minutes) In another small bowl, combine ground flax with the water and let sit for 3 – 5 minutes.

Combine the yeast/sugar mixture, flax and add remaining ½ cup of milk, egg and egg yolk and whisk to incorporate. Put all liquid ingredients into a standing mixer with a paddle attachment. Add 2 cups of Einkorn flour and salt. Mix on low and add all of your butter 2 Tbsps. at a time. Make sure it is completely mixed in before you add the next 2 Tbsp. Add your remaining 1 ¼ cup of Einkorn flour.

Change your paddle attachment out for your dough hook and knead it on low for 4 minutes. Grease a bowl generously and turn your dough into the bowl. Cover with plastic wrap and place in a warm place to rise until doubled. (about 90 minutes)

Lightly grease pans (round cake pans work great). Cut the dough into equal portions. (If you weigh them at about 2 ounces each, should end up being 18 portions.) Roll each portion into a ball. Place the pans inside a large plastic bag and then place a glass of hot water between the two pans so that the bag never touches the rolls. Tuck the ends of the bag under the pans. Let them rise for 45 minutes.

Preheat your oven to 350°F. Remove the rolls from the bags and bake for 20 minutes or until golden brown. Let them cool for 5 – 7 minutes and then separate. Best to serve warm.

