

KYRKOS FAMILY BAKERY'S

Famous Sourdough Rolls



Ingredients:

- 1 cup sourdough starter (fresh)
- 1 cup whole wheat flour
- 2 ¼ teaspoons (one package) active dry yeast
- 2 teaspoons salt
- 3 tablespoons brown sugar
- 1 cup warm (110°F / 43°C) water
- ¼ cup melted butter
- 2 cups bread flour
- 1 tablespoon olive oil
- 1 egg
- 1 tablespoon water

Steps:

1. In a large bowl, mix starter, whole wheat flour, yeast, salt, and brown sugar until combined.
2. Stir in warm water and melted butter.
3. Stir in bread flour ½ cup at a time until a dough is formed.
4. Knead dough on a floured surface for 10 minutes until it becomes shiny and springy to the touch.
5. Oil the sides of a large bowl with the olive oil. Place the dough in the large oiled bowl and cover. Keep in a warm spot until the dough doubles in size (approximately 2 hours).
6. On a floured surface, punch dough down lightly to flatten. Cut dough into 10 equal-sized pieces and roll into balls.
7. Cut a simple leaf design (just barely) into the tops of the rolls.
8. Place dough balls on parchment-lined pan at least 2 inches apart.
9. Keep in a warm spot until the dough doubles in size again (approximately 1 hour).
10. Preheat oven to 400°F / 204°C.
11. Brush the top of the buns with egg wash (a mixture of 1 beaten egg and 1 tablespoon of water).
12. Bake rolls in oven for 25 minutes.
13. Remove the rolls and check the bottoms. They should be a rich brown color and sound hollow when you tap on them. If they're not ready, just pop the rolls back in and check them again at 3-minute intervals until they're done.