

# Classic Parker House Rolls

Cookery Principle: Yeast Breads

## Ingredients:

125 ml milk, just above body temperature (105° F)

30 ml water, just above body temperature (105° F)

6 ml instant dry yeast

1/2 egg, at room temperature

15 ml sugar

30 ml unsalted butter, melted, plus extra for brushing

375 - 400 ml flour

2 ml salt

## Method:

Day 1

1. Combine all of the ingredients in a large mixing bowl until it comes together.
2. Turn the dough out onto a work surface and knead until smooth, about 5 minutes.
3. Place the dough in an oiled bowl, cover with plastic wrap and let rise in the fridge over night (or until doubled in size, about 90 minutes).

Day 2

1. Turn the dough out onto a lightly floured work surface and roll it out into a square 6-8-inches across.
2. Brush the surface of the dough with melted butter.



3. Cut the dough into 6 squares and then cut each square in half to create 12 rectangles.
4. Brush a muffin tin with melted butter.
5. Twist each piece of dough around once and press in the muffin tin.
6. Preheat the oven to 350° F. Cover the tin loosely with plastic wrap and let rise for 30 minutes over the oven vent.
7. Unwrap the rolls and bake for 15 to 20 minutes, until they are golden brown.

The rolls are best served warm, but can be re-heated for 5 minutes in a 300° F oven.