



Resurgent Grains

Spelt Dinner Rolls

Made with Whole Grain Resurgent Grains Organic Spelt Flour

Ingredients:

5 cups Resurgent Grains Organic Spelt flour
1 ½ tsp. salt
1 cup 2% reduced fat milk (regular milk okay)
3 eggs
2 tbsp. yeast
½ cup warm water
½ cup softened butter
¼ cup + 2 tbsp. honey

Dissolve 2 tbsp. yeast in ½ cup warm water, whisk together and set aside for about 10 minutes.

Mix together the softened butter and honey until creamy and then beat in 3 eggs. Add in milk and yeast and mix together.

Add 4 ½ cups of the spelt flour and the salt and mix well. The dough will be sticky.

Knead the dough while adding the last ½ cup of flour. The dough is ready to proof (rise) when you can touch your finger to the dough and it comes away clean.

Leave the dough in the bowl, cover with a towel and let rise for 1 hour.

Turn the dough out on a floured surface and knead to get the air out (a few minutes), cover with a towel and let rest for a few minutes.

Separate the dough into 24 equal pieces and shape into balls, place into a buttered 13x9-inch pan (sides and bottom).

Cover the pan with a towel and let rise for 1 hour.

Bake in a 350° oven for 25-30 minutes. Brush tops with melted butter when done.

Courtesy of Lentz Spelt Farms and Resurgent Grains. Go to www.resurgentgrains.com to purchase Resurgent Gains Organic Spelt Flour.



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