



## Crusty Cornstark Rolls

 Vegetarian  Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



123 kcal

BREAD

### Ingredients

- 1.5 teaspoon active yeast dry (from a)
- 2.5 cups flour all-purpose plus more for kneading and dusting
- 0.5 cup cornmeal yellow stone-ground divided
- 1 teaspoon mild honey
- 1.5 teaspoon salt
- 1.3 cups warm water divided (105–115°F)

### Equipment

- bowl

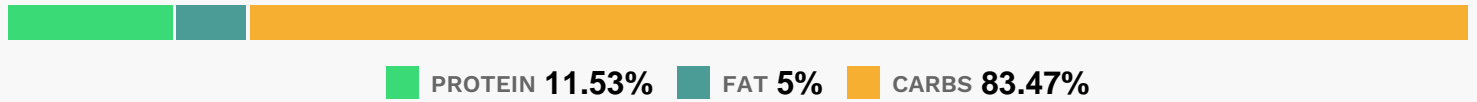
- baking sheet
- oven
- plastic wrap
- wooden spoon
- kitchen towels
- spatula

## Directions

- Stir together yeast, 1/4 cup warm water, and honey in a large bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- Mix flour, salt, 1/2 cup cornmeal, and remaining cup warm water into yeast mixture with a wooden spoon or rubber spatula until a soft dough forms.
- Turn out dough onto a well-floured surface and knead, dusting surface and your hands with just enough flour to keep dough from sticking, until dough is elastic and smooth, 6 to 8 minutes. Form dough into a ball.
- Put dough in an oiled large bowl and turn to coat. Cover bowl with plastic wrap and a kitchen towel and let dough rise in a draft-free place at warm room temperature until doubled, 1 1/2 to 2 hours.
- Punch down dough (do not knead) and fold into thirds like a letter (dough will be soft), then gently roll into a 12-inch-long log with lightly floured hands.
- Sprinkle a large baking sheet evenly with remaining 2 tablespoon cornmeal and put dough diagonally in center. Alternating sides, make 3-inch-long diagonal cuts, about 1 1/2 inches apart, into sides of log using kitchen shears (ends of cuts should not touch; maintain a center "stalk"). Gently pull apart cuts to stretch dough, forming rolls that are separate (about 1 1/2 inches apart) but connected to center stalk. Cover with a kitchen towel (not terry cloth) and let rise in a draft-free place at warm room temperature until doubled, 1 to 1 1/2 hours.
- Preheat oven to 425°F with rack in middle.
- Spray rolls with water, then bake, spraying into oven 3 times in first 5 minutes of baking (to help form a crust), until golden, about 20 minutes.
- Transfer rolls to a rack and cool at least 20 minutes.
- Rolls are best the day they're made, but whole baked stalk can be frozen (cool completely, then wrap well) 1 month. Thaw, then reheat on a baking sheet in a 350°F oven until warmed

through, 5 to 10 minutes.

## Nutrition Facts



### Properties

Glycemic Index:16.31, Glycemic Load:17.51, Inflammation Score:-3, Nutrition Score:4.7686956006548%

### Nutrients (% of daily need)

Calories: 123.27kcal (6.16%), Fat: 0.67g (1.04%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 23.91g (8.7%), Sugar: 0.65g (0.73%), Cholesterol: 0mg (0%), Sodium: 292.92mg (12.74%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin B1: 0.27mg (17.81%), Folate: 59.02µg (14.76%), Selenium: 9.26µg (13.23%), Manganese: 0.22mg (11.13%), Vitamin B3: 1.86mg (9.29%), Vitamin B2: 0.15mg (8.86%), Iron: 1.42mg (7.89%), Fiber: 1.43g (5.73%), Phosphorus: 45.53mg (4.55%), Magnesium: 13.29mg (3.32%), Copper: 0.06mg (2.98%), Vitamin B6: 0.06mg (2.83%), Zinc: 0.42mg (2.82%), Vitamin B5: 0.21mg (2.06%), Potassium: 53.27mg (1.52%)