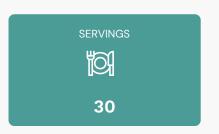


Parker House Rolls

Vegetarian







Ingredients

L	O.3 ounce yeast dry ()
	5.7 cups bread flour for dusting plus more the work surface (1 pound 14 ounces)
	1.3 cups buttermilk well-shaken
	2 teaspoons fleur del sel
	0.3 cup honey

2 teaspoons kosher salt

6 tablespoons butter unsalted plus more for coating the bowl and baking dish cut into small pieces, ()

0.8 cup water (100°F to 110°F)

Equipment

	bowl
	oven
	baking pan
	stand mixer
	kitchen towels
Directions	
	Dissolve the yeast in the warm water in a medium bowl; set aside until foamy, about 5 minutes. Stir the buttermilk and honey into the yeast mixture; set aside. Stir together the flour and salt in the bowl of a stand mixer fitted with a dough hook, make a well in the center of the dry ingredients, pour in the yeast mixture, and mix on low speed until evenly incorporated, about 2 minutes. Increase the mixer speed to medium low and add the measured unsalted butter, a few pieces at a time, letting it completely incorporate before adding more.
	Mix the dough until smooth, elastic, and slightly soft, about 10 minutes total. Coat a large bowl with unsalted butter, place the dough in the bowl, and turn to coat. Cover with a damp kitchen towel and let rise in a warm place until doubled in size, about 1 hour. Meanwhile, coat a 13-by-9-inch baking dish with unsalted butter. Once the dough has risen, divide it into 2 equal pieces. On a lightly floured surface, roll out 1 piece into a 12-by-10-inch rectangle, keeping the second piece covered with a towel.
	Cut the rolled rectangle of dough lengthwise into 5 strips.
	Cut each strip into 3 smaller rectangles. Reserve 2 tablespoons of the melted herb butter.
	Spread a heaping 1/2 teaspoon of the remaining herb butter on a rectangle, fold the rectangle in half, and set aside. Repeat with the remaining rectangles. Repeat the entire process with the second piece of dough. Arrange the rolls seam—side down in the prepared baking dish, 6 across and 5 down. Cover with a clean kitchen towel and let rise in a warm place until doubled in size, about 1 hour. Meanwhile, heat the oven to 350°F and arrange a rack in the lower third. Once the dough has risen, brush the reserved 2 tablespoons of herb butter over the top of the rolls and sprinkle with the fleur de sel.
	Bake until the bottoms and tops of the rolls are golden brown, about 40 minutes.
	Remove from the oven, let cool 5 minutes, and serve.

Nutrition Facts

Properties

Glycemic Index:5.01, Glycemic Load:12.46, Inflammation Score:-1, Nutrition Score:2.5421739086185%

Nutrients (% of daily need)

Calories: 120.87kcal (6.04%), Fat: 3.01g (4.63%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 19.4g (7.06%), Sugar: 2.88g (3.2%), Cholesterol: 7.12mg (2.37%), Sodium: 321.87mg (13.99%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.28g (6.55%), Selenium: 9.81µg (14.02%), Manganese: 0.19mg (9.57%), Folate: 13.96µg (3.49%), Phosphorus: 33.69mg (3.37%), Vitamin B1: 0.05mg (3.31%), Fiber: 0.64g (2.54%), Vitamin B2: 0.04mg (2.52%), Copper: 0.05mg (2.46%), Magnesium: 7.21mg (1.8%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 86.94IU (1.74%), Vitamin B3: 0.34mg (1.72%), Calcium: 16.32mg (1.63%), Iron: 0.24mg (1.31%), Potassium: 41.57mg (1.19%), Vitamin D: 0.17µg (1.15%), Vitamin E: 0.17mg (1.11%)