



Parker House Rolls

 Vegetarian

READY IN



210 min.

SERVINGS



30

CALORIES



121 kcal

Ingredients

- 0.3 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



■ PROTEIN **10.89%** ■ FAT **22.52%** ■ CARBS **66.59%**

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: 0g (100%), Alcohol %: 0% (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%)