



Parker House Rolls

READY IN



45 min.

SERVINGS



36

CALORIES



79 kcal

BREAD

Ingredients

- ☐ 1 envelope yeast dry
- ☐ 1 large eggs room-temperature
- ☐ 3.5 cups flour all-purpose
- ☐ 1.5 teaspoons kosher salt
- ☐ 36 servings sea salt
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup shortening
- ☐ 1 cup milk whole

Equipment

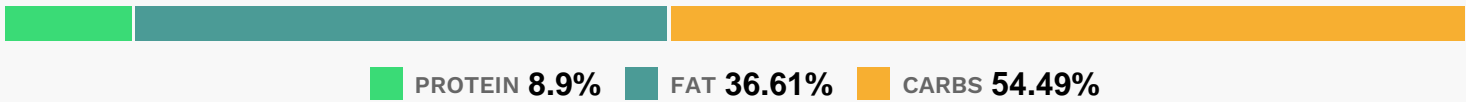
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk 1 envelope active dry yeast and 1/4 cup warm water (110°F–115°F) in a small bowl; let stand for 5 minutes.
- ☐ Heat 1 cup whole milk in a small saucepan over medium heat until just warm.
- ☐ Combine 1/4 cup vegetable shortening, 3 tablespoons sugar, and 1 1/2 teaspoons kosher salt in a large bowl.
- ☐ Add warm milk; whisk to blend, breaking up shortening into small clumps (it may not melt completely).
- ☐ Whisk in yeast mixture and 1 room-temperature large egg.
- ☐ Add 3 1/2 cups all-purpose flour; stir vigorously with a wooden spoon until dough forms. Knead dough with lightly floured hands on a lightly floured surface until smooth, 4–5 minutes.
- ☐ Transfer to a lightly oiled bowl; turn to coat. Cover loosely with plastic wrap.
- ☐ Let stand at room temperature until doubled, about 1 1/2 hours.
- ☐ Preheat oven to 350°F. Melt 1/4 cup unsalted butter in a small saucepan. Lightly brush a 13x9" baking dish with some melted butter. Punch down dough; divide into 4 equal pieces. Working with 1 piece at a time, roll out on a lightly floured surface into a 12x6" rectangle.
- ☐ Cut lengthwise into three 2"-wide strips; cut each crosswise into three 4x2" rectangles.
- ☐ Brush half of each (about 2x2") with melted butter; fold unbuttered side over, allowing 1/4" overhang.
- ☐ Place flat in 1 corner of dish, folded edge against short side of dish.
- ☐ Add remaining rolls, shingling to form 1 long row. Repeat with remaining dough for 4 rows.
- ☐ Brush with melted butter, loosely cover with plastic, and chill for 30 minutes or up to 6 hours.

- ☐ Bake rolls until goldenand puffed, 25–35 minutes.
- ☐ Brush with butter; sprinkleflaky sea salt (such asMaldon) over.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:7.53, Inflammation Score:-1, Nutrition Score:2.3447826167812%

Nutrients (% of daily need)

Calories: 78.66kcal (3.93%), Fat: 3.19g (4.91%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 10.3g (3.74%), Sugar: 1.36g (1.51%), Cholesterol: 9.37mg (3.12%), Sodium: 295.82mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Vitamin B1: 0.12mg (8.1%), Folate: 27.49µg (6.87%), Selenium: 4.71µg (6.73%), Vitamin B2: 0.08mg (4.96%), Manganese: 0.09mg (4.25%), Vitamin B3: 0.8mg (4.02%), Iron: 0.6mg (3.32%), Phosphorus: 24.34mg (2.43%), Fiber: 0.38g (1.52%), Vitamin B5: 0.14mg (1.37%), Vitamin A: 57.87IU (1.16%), Calcium: 11.58mg (1.16%)