



WHATSheATE



Potato Rolls with Caraway Salt



Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



111 kcal

BREAD

Ingredients

- ☐ 2.5 teaspoons yeast dry
- ☐ 1 teaspoon caraway seeds crushed toasted
- ☐ 1 large eggs
- ☐ 3.8 cups flour all-purpose divided plus more for surface ()
- ☐ 2 teaspoons cup heavy whipping cream
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 8 ounce baking potatoes peeled cut into 1" pieces
- ☐ 1 teaspoon sea salt

- ☐ 2 tablespoons sugar divided
- ☐ 4 tablespoons butter unsalted plus more for bowl and pan ()
- ☐ 1 cup milk whole

Equipment

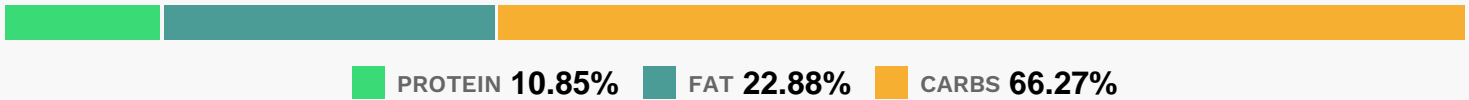
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Place the potato in a small saucepan and add water to cover by 1". Bring to a boil; reduce heat to medium and simmer until potato is tender, about 15 minutes.
- ☐ Drain, reserving 1/4 cup cooking liquid in a small microwave-safe bowl.
- ☐ Meanwhile, melt 4 tablespoons butter in another small saucepan.
- ☐ Add milk; stir until warm, about 1 minute, and set aside.
- ☐ Transfer cooked potato to a large bowl.
- ☐ Mash with a fork, then stir in milk mixture, 1 tablespoon sugar, and 1/2 teaspoon salt (mixture will be slightly lumpy).
- ☐ Rewarm potato cooking liquid in microwave (or let cool) until an instant-read thermometer registers 105°F–110°F. Stir in remaining 1 tablespoon sugar, 1 teaspoon salt, and yeast; let stand until foamy, about 10 minutes.
- ☐ Add yeast mixture to potato mixture and stir to combine.

- ☐ Add 3 1/4 cups flour with a wooden spoon and stir until a sticky dough forms.
- ☐ Turn dough onto a floured surface and knead, dusting surface, dough, and your hands often with remaining 1/2 cup flour to keep dough from sticking, until dough is smooth, elastic, and slightly sticky, 7–8 minutes. Form into a ball and transfer to a buttered bowl. Turn to coat dough with butter and cover bowl with plastic wrap.
- ☐ Let dough rise, chilled, overnight.
- ☐ Butter baking pan.
- ☐ Mix caraway seeds and pretzel salt in a small bowl; set aside. Punch down dough (do not knead).
- ☐ Cut dough in half, then roll each piece into a 12"-long log.
- ☐ Cut each log into 12 equal pieces, then roll each piece into a ball (for 24 total). Arrange in pan, evenly spaced, in 6 rows of
- ☐ Cover loosely with plastic wrap.
- ☐ Let rise in a warm, draft-free place until almost doubled in size, about 1 hour.
- ☐ Arrange a rack in middle of oven and preheat to 375°F.
- ☐ Whisk egg and cream in a small bowl; brush tops of rolls with some of egg wash.
- ☐ Sprinkle with caraway salt.
- ☐ Bake, rotating pan once, until rolls are cooked through and deep golden, 25–30 minutes.
- ☐ Transfer to wire rack and let cool in pan for 5 minutes, then run a sharp knife around edges to loosen from pan; do not separate rolls.
- ☐ Transfer to rack and let cool for 10 minutes. DO AHEAD: Can be made 8 hours ahead. Rewarm, wrapped in foil, in a 300°F oven until heated through.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.16, Glycemic Load:13, Inflammation Score:-2, Nutrition Score:4.0660869829033%

Nutrients (% of daily need)

Calories: 110.97kcal (5.55%), Fat: 2.81g (4.32%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 17.52g (6.37%), Sugar: 1.62g (1.8%), Cholesterol: 14.46mg (4.82%), Sodium: 250.48mg (10.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Vitamin B1: 0.2mg (13.58%), Folate: 45.72µg (11.43%), Selenium: 7.57µg (10.81%), Vitamin B2: 0.14mg (8.13%), Manganese: 0.15mg (7.59%), Vitamin B3: 1.4mg (6.99%), Iron: 1.05mg (5.82%), Phosphorus: 44.02mg (4.4%), Fiber: 0.77g (3.08%), Vitamin B6: 0.06mg (2.82%), Potassium: 83.68mg (2.39%), Vitamin B5: 0.23mg (2.31%), Copper: 0.04mg (2.12%), Magnesium: 8.41mg (2.1%), Calcium: 19.5mg (1.95%), Vitamin A: 92.55IU (1.85%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.2µg (1.3%)