



Rye Dinner Rolls with Crisp Tops



Vegetarian



Dairy Free

READY IN



240 min.

SERVINGS



16

CALORIES



21 kcal

Ingredients

- ☐ 1.3 teaspoons yeast dry
- ☐ 1 large egg whites
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons rye flour dark light
- ☐ 0.1 teaspoon salt
- ☐ 0.8 teaspoon sugar
- ☐ 0.3 cup flour all-purpose
- ☐ 1 water divided

Equipment

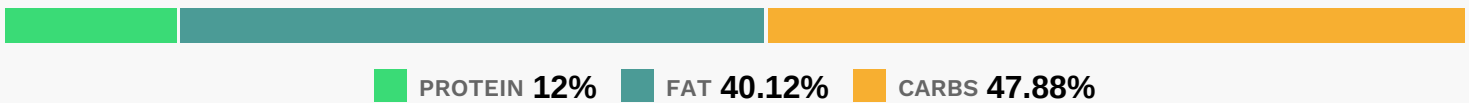
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Stir together yeast, 1/4 cup warm water, and sugar in a large bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- ☐ Stir flours, salt, and remaining scant 3/4 cup water into yeast mixture with a wooden spoon until a soft dough forms.
- ☐ Turn out dough onto a well-floured surface and knead with lightly floured hands until dough is elastic and smooth but still supple and slightly sticky, 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 or a kitchen towel (not terry cloth) and let rise in a draft-free place at warm room temperature until doubled, 1 to 2 hours.
- ☐ Punch down dough (do not knead).
- ☐ Remove from bowl and fold into thirds like a letter. Divide into 16 pieces and roll each piece into a ball, transferring to a parchment-paper-lined baking sheet and loosely covering with plastic wrap (or towel).
- ☐ Let rise in a warm place until doubled, about 1 hour.
- ☐ Lightly brush each ball of dough with some of egg white. Gently lay a round of rye-crisp dough, egg-wash side up, on top of each roll.
- ☐ Bake rolls until golden-brown, about 20 minutes. Cool to warm or room temperature.
- ☐ Stir together flours and salt, then stir in water and oil until a dough forms. Turn out dough onto a lightly floured surface and knead 4 or 5 times. Divide into 16 very small pieces.
- ☐ Roll out each piece on lightly floured surface to a thin round (about 2 inches; shape need not be perfectly round) and arrange in 1 layer on a sheet of parchment.
- ☐ Beat egg white with a pinch of salt and lightly brush some of it onto rounds.
- ☐ Let stand, uncovered, to dry slightly while rolls rise.

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Lightly brush each ball of dough with some of egg white. Gently lay a round of rye-crisp dough, egg-wash side up, on top of each roll.
- ☐ Bake rolls until golden-brown, about 20 minutes. Cool to warm or room temperature.
- ☐ •Dough can be formed into balls and allowed to rise slowly, covered well with plastic wrap and chilled, 8 to 16 hours. Bring to room temperature while making rye-crisp tops.•
- ☐ Rolls are best the day they are baked but can be frozen (first 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:9.07, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:0.78347826579019%

Nutrients (% of daily need)

Calories: 20.7kcal (1.04%), Fat: 0.93g (1.43%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.27g (0.83%), Sugar: 0.22g (0.24%), Cholesterol: 0mg (0%), Sodium: 21.86mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.25%), Vitamin B1: 0.04mg (2.99%), Folate: 9.66µg (2.42%), Manganese: 0.04mg (1.85%), Selenium: 1.23µg (1.76%), Vitamin B2: 0.03mg (1.74%), Vitamin B3: 0.23mg (1.16%)