

## Savory Rolls

READY IN



45 min.

SERVINGS



8

CALORIES



491 kcal

BREAD

## Ingredients

- ☐ 0.3 teaspoon yeast dry
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon brewer's yeast
- ☐ 0.3 cup butter melted (margarine works)
- ☐ 0.5 pound cheese shredded (we use Comté)
- ☐ 0.5 cup cooking sherry
- ☐ 2 cups optional: dill chopped
- ☐ 1 large eggs

- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon yeast instant
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon salt
- ☐ 8 servings salt and pepper
- ☐ 2 pounds shallots sliced
- ☐ 1 cup sponge cake mix (above)
- ☐ 0.3 cup water
- ☐ 2 cups water filtered

## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan

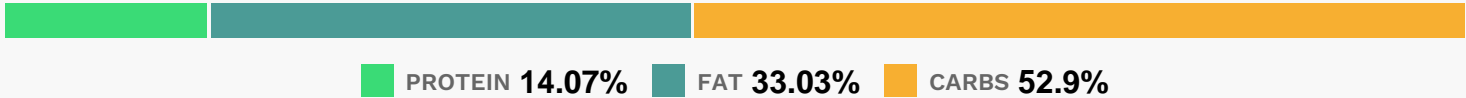
## Directions

- ☐ Combine all sponge starter ingredients in a mixing bowl. The resulting goo should look wet and reckless. Wrap the bowl up and let it sit in the corner (preferably a warm one) for four hours or as long as overnight.
- ☐ Combine all the dry ingredients for the dough in a large bowl or the mixing bowl for a counter top mixer.
- ☐ Mix them, mechanically or manually, so that all they are distributed evenly.
- ☐ Add water, one cup of the sponge, and butter and mix to combine.
- ☐ Add the egg. You want to do this after the butter so the egg doesn't cook.
- ☐ Mix by hand for ten to fifteen minutes (three to five with a Kitchen Aid using the paddle on medium speed) until the dough forms a smooth paste. It should still be sticky and stretchy, but not very wet. If you're using a machine; switch to the dough hook and mix for another five

minutes on medium; if you're manual, turn the dough out on a floured surface and knead the hell out of it for seven minutes.

- ☐ In yet another bowl, add the olive oil and give a swirl. Form the dough into a ball, and roll it in the oil so that it's greasy everywhere. Cover the bowl with plastic and let it sit for an hour in a warm corner.
- ☐ For filling, make Cast-Iron Mushrooms but add 2 pounds of sliced shallots. When the shallots begin to brown, add 1/2 cup cream sherry and reduce by half. Set aside.
- ☐ Form the rolls: on a floured surface, gently roll out the dough into a 12 by 18 inch square.
- ☐ Spread the sherry-butter-shallot-mushroom goo all over the giant dough square on your counter. Make sure to spread evenly all the way to the edges. Apply the dill and the cheese in a similar fashion; evenly distribute all the way to the corners of your dough sheet.
- ☐ Sprinkle salt and grind pepper all over the thing and preheat your oven to 35
- ☐ As if it were a joint—that's right—carefully roll the rectangle into itself. Start at the bottom and curl inwards until you have a bulging log. Use a sharp knife and slice rolls off of the left side of the log. You can make them as thick as you'd like; we like ours about two inches thick.
- ☐ Gingerly place the rolls side by each on a greased (with butter) baking pan and cover them loosely with plastic.
- ☐ When thirty minutes—minimum!—has elapsed, slide the rolls into the oven and bake for fifteen to twenty minutes. When they start to smell amazing, check them. You're looking for a nice golden brown hue on the top of each one.
- ☐ BEVERAGEBear Valley Black Flag Imperial StoutSOUNDTRACKInca Ore "The Birds in the 56 Bushes"
- ☐ Reprinted with permission from The Hot Knives Vegetarian Cookbook: Salad Daze by Alex Brown and Evan George, © 2011 Mark Batty Publisher

## Nutrition Facts



## Properties

Glycemic Index:31.75, Glycemic Load:22.34, Inflammation Score:-9, Nutrition Score:21.950434684753%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 491.25kcal (24.56%), Fat: 17.92g (27.56%), Saturated Fat: 7.22g (45.13%), Carbohydrates: 64.56g (21.52%), Net Carbohydrates: 58.88g (21.41%), Sugar: 20.12g (22.36%), Cholesterol: 81.76mg (27.25%), Sodium: 1150.38mg (50.02%), Alcohol: 1.54g (100%), Alcohol %: 0.62% (100%), Protein: 17.17g (34.35%), Folate: 186.2µg (46.55%), Vitamin B1: 0.65mg (43.66%), Manganese: 0.78mg (39.16%), Selenium: 24.73µg (35.33%), Vitamin B2: 0.59mg (34.63%), Calcium: 332.99mg (33.3%), Phosphorus: 317.74mg (31.77%), Vitamin A: 1528.5IU (30.57%), Vitamin B6: 0.58mg (28.97%), Iron: 5.02mg (27.88%), Vitamin C: 19.08mg (23.13%), Fiber: 5.67g (22.69%), Vitamin B3: 4.13mg (20.63%), Potassium: 637.73mg (18.22%), Zinc: 2.39mg (15.94%), Magnesium: 54.2mg (13.55%), Copper: 0.23mg (11.27%), Vitamin B5: 1.1mg (10.95%), Vitamin B12: 0.45µg (7.57%), Vitamin E: 0.71mg (4.7%), Vitamin D: 0.35µg (2.36%), Vitamin K: 2.13µg (2.03%)