

CRUSTY HARD ROLLS

F MEDIUM

Last Modified: 02/07/2016

PREP: 24 Hrs
COOK: 25 Min
OVEN: 425

BREADS

MAKES 12 ROLLS

QUA	MEASURE	INGREDIENT	PROCESS
STARTER			
1/2	Cup	Cool Water	
1	Cup	Unbleached All-Purpose Flour	
1/8	Tsp	Dry Instant Yeast	
DOUGH			
	All	Of The Starter Mix	
3 1/2	Cups	Unbleached All-Purpose Flour	
1	Cup	Warm Water (100 Degrees)	
1 1/2	Tsp	Kosher Salt	
1/4	Tsp	Dry Instant Yeast	
EGG WASH			
1	Large	Egg White	
1 +	Tbsp	Cool Water	
PREPARATION			
FACTOID	These Rolls have a delicious crackly, crunchy crust, partly the result of allowing them to proof in the refrigerator, partly from an Egg White wash applied just prior to baking. Their texture is light and airy, rather than substantial, which makes them a wonderful Slider Roll. Make them slightly larger, and they're perfect for Hamburgers or Grilled Meat & Egg.		
TOOLS	1) Aluminum Half Sheet Pan & Wire Rack 2) Basting Brush 3) Large Mixing Bowl		
HINTS	Notice that this recipe includes just over 1/4 teaspoon of Yeast. Why so little? Because the extra-long fermentation process is the key to developing the Rolls' flavor. As the Dough rests, the Yeast will continue to multiply, so there's no need to "front-end-load" the process with lots of Yeast.		
OPTIONS	For larger rolls, divide the dough into 8 pieces, rather than 12. Bake them for a minute or two longer.		
PREP	None.		
1	The Day Before: Mix the starter ingredients together until smooth, cover, and let it rest at room temperature overnight.		
2	10 Hours Before: In a large mixing bowl, combine all of the Dough ingredients and mix and knead them together — by hand — until you've made a soft, somewhat smooth dough; it should be cohesive, but the surface may still be a bit rough. It may also stick to the bowl just the tiniest bit.		
3	10 Hours Before: Allow the dough to rise, covered, for 3 hours, gently deflating it and turning it over after 1 hour, and again after 2 hours		
4	7 Hours Before: Turn the dough out onto a lightly greased work surface. Divide it into 12 pieces, shape the pieces into balls, and firm them up by rolling them under your lightly cupped fingers.		

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5	7 Hours Before: Place the Balls in a lightly greased 9" x 13" pan. Cover the pan with lightly greased plastic wrap, and let them rise for 1 1/2 to 2 hours, until they're quite puffy.
6	5 Hours Before: Place the rolls on a parchment-lined baking sheet, cover them, and let them rise for 1 to 2 hours, until they're puffy, though not doubled in size. They'll flatten out a bit as they rise; that's OK.
7	3 Hours Before: Cover the rolls, and refrigerate them for 2 to 3 hours. Towards the end of the rolls' chill, preheat the oven to 425°F.
8	15 Minutes Before: Preheat the oven to 425 degrees with a rack in the center.
9	Whisk together the egg white and water until frothy. Remove the rolls from the refrigerator, and brush them with the wash; you won't use it all up. Again, don't be discouraged if the rolls seem a bit flat; they'll pick up when they hit the oven's heat.
10	Slash a 1/4" deep cut across the top of each Roll. Immediately put the Rolls into the oven.
11	Bake the rolls for 20 to 25 minutes, until they're a deep golden brown. Remove them from the oven, and cool them on a wire rack. Or, for best crunch, turn off the oven and prop the door slightly open with a towel. Allow the rolls to cool completely.
SERVE	Serve the Rolls at room temperature. Store rolls, well wrapped in plastic, for several days at room temperature; freeze for longer storage.