

Brown Harvest Restaurant Rolls

1 cup warm water
1/3 cup orange juice
4 Tablespoons unsalted butter, cut into 6 pieces
1/3 cup honey
2 ¼ cup whole wheat flour
2 ¼ cup unbleached bread flour
1 ¾ teaspoons salt
3 Tablespoons sugar
2 Tablespoons Dutch-process cocoa
2 ½ teaspoons instant yeast

Combine all the dough ingredients, and mix and knead them by hand or in a mixer until the dough is smooth and medium soft. Cover and allow the dough to rise for about 1 – 2 hours until it is quite puffy, but probably not doubled in bulk.

Gently deflate the dough and transfer to a lightly greased work surface. Divide dough into 10 even pieces (about 4 ounces each), and shape the pieces into 5x2" oval rolls. Place the rolls on a lightly greased baking sheet and allow them to rise, cover for 1 ½ to 2 hours. They won't have doubled in size, but will appear puffy. To test, gently press your finger into one, the indentation will rebound quite slowly. Toward the end of the rise, preheat oven to 350°F.

Uncover and bake rolls until the bottoms appear slightly browned (carefully pick one up to check) or until an instant read thermometer inserted in the center of the roll reads about 200°F, 23 – 30 minutes. Remove from the oven and cool on a wire rack.

Note: although instant yeast does not require two risings, follow these instructions exactly for the best results. Trust me, I've tried cutting corners and the result is not satisfactory.

Information about Dutch Process Cocoa: It has been treated with an alkali to neutralize its natural acidity. Because it is neutral and does not react with baking soda, it must be used in recipes calling for baking *powder*, unless there are other acidic ingredients in sufficient quantities used. Dutch Process cocoa has a reddish-brown color, mild flavor, and is easy to dissolve in liquids.

In a pinch, you can substitute regular unsweetened cocoa for Dutch Process with the following proportions: 3 Tablespoons unsweetened cocoa powder plus a pinch (1/8 teaspoon) baking soda for every 1 ounce Dutch Process cocoa called for.

Or...if you have Dutch Process cocoa and your recipe calls for regular cocoa powder, use the same amount called for in the recipe, but **leave out any baking soda**.

Recipe from *Whole Grain Baking* by King Arthur Flour. Tweaked and taught by Christie Northrup, blogger at <http://FeastUponTheWord.com>. Follow on Facebook: Facebook.com/FeastUponTheWord

