

Yogurt Rolls



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 For 18-20 Rolls

Ingredients

250 gr of sourdough (active) | 525 gr of flour "0" | 188 gr of warm water | 212 gr of skimmed greek yogurt | 1 generous teaspoon of honey | 1 teaspoon of salt | 1 tablespoon of olive oil

Method

The night before, please refresh the sourdough, so that it wake up. The next day take 250 gr of sourdough and put in a large bowl, add 188 gr of warm water and with a fork, dissolve the yeast well until it's without lumps. Add the honey and yogurt and mix, add the flour and mix, than add the salt and the oil and begin mixing with a fork until the flour will have absorbed all the milk. Put the dough on pastry board and start working it with the hands, than beat it vigorously on the pastry board, it takes about 10 minutes. Form a ball and then cut on a cross, cover with a damp cloth and let rise for 3 hours. After this time, deflate the dough to obtain a rectangle, and proceed to the fold. Take one third of the overall rectangle and bend the two sides, left and right, one over the other, turn of 90° and repeat the operation. Cover with the cloth and let rest for one hour.

Take the dough and form a loaf and obtain from it 18-20 balls. Cover and let rest for another 4-5 hours. Brush the surface of the rolls with milk and bake in preheated oven for 25 minutes at 180°. Remember to put on the flat of the oven a little pan full of water. Remove from the oven and let cool on a grid. Serve with jam at tea time or with cheese and prosciutto for lunch or for a break.