

Make-Ahead Honey Spelt Rolls

Makes: 2 Dozen Rolls

Ingredients:

- 3 3/4 cups all-purpose spelt flour
- 2 cups whole grain spelt flour
- 2 tsp. instant yeast
- 1 1/2 tsp. sugar
- 1 1/2 tsp. salt
- scant 1/3 cup honey
- scant 1/3 cup olive oil
- 1 1/2 – 1 3/4 cups warm water (100° to 115°)

Directions:

Note - I think these rolls could be made by hand very easily, but I was pressed for time so I opted to use my stand mixer.

1. In the bowl of a stand mixer, mix together the flours, yeast, salt, and sugar using a wire whisk or wooden spoon.
2. Add the honey and oil and gradually add in the warm water. Using the dough hook, beat at medium speed until all of the ingredients are incorporated. Spelt does better if you don't over mix it.



3. Turn the dough out onto a lightly floured surface, and knead it until it is soft and supple. Place the dough in a large bowl; spray with nonstick cooking spray, turning to coat top. Cover, and let rise in a warm place, until doubled in size, about 1 hour.



4. Punch the dough down. Cover large baking sheets with parchment paper or wax paper, and spray with nonstick cooking spray. Divide dough into 24 portions. With lightly floured hands, shape each portion of dough into a ball. Place dough balls on prepared baking sheets 1 inch apart. Cover and freeze until firm. Remove dough balls from baking sheets; place in resealable freezer bags. Seal bags, and freeze. (Dough is best if used within 2 months.)



5. To bake frozen dough, remove dough balls from freezer. Place each dough ball in a muffin cup coated with nonstick cooking spray. Cover with a dish towel, and let rise in a warm place (85° F.), until doubled in size, about 1 to 1½ hours. I only

had 1 muffin tin with me so I baked half in the muffin tin and the other half on a baking sheet. They both looked and tasted great.

6. Preheat oven to 350° F.. Uncover dough; bake until golden brown, 17 to 20 minutes. Let cool in pans for 5 minutes. Remove from pans, and let cool completely on a wire rack.

7. To bake rolls on the same day you make the dough, place dough in muffin cups coated with nonstick cooking spray. Cover, and let rise in a warm place (85° F.), until doubled in size, 35 to 40 minutes. Uncover; bake at 350° F. until golden brown, 17 to 20 minutes. Let cool in pans for 5 minutes. Remove from pans, and serve warm or let cool completely on a wire rack.



These rolls were special because they were made with Spelt but also because I used Roman olive oil, the same oil my youngest son brought back with him from Rome. I'm sure they would taste good with any olive oil, but they were particularly delicious and memorable because I included his olive oil.