Kamut Honey Dinner Rolls

Amount 12 rolls
Time Overnight + ~3 hours

Ingredients

- 250 g fresh-milled kamut flour
- 250 g fresh-milled hard white flour
- 100 g active sourdough starter
- 300 g warm milk
- 40 g honey
- 1 egg
- 10 g salt
- 1/2 tsp instant yeast
- 3 tbsp soft butter
- Egg wash, for brushing
- Melted butter and flaky salt, to finish

Steps

1. Night before: mix everything except the butter and salt. Rest 20 minutes.
2. Add butter and salt. Knead until smooth and slightly tacky, about 8 minutes.
3. Rise 1 hour at room temperature, then cover and refrigerate overnight.
4. About 3 hours before dinner: shape 12 balls, about 85 g each. Set close together in a buttered 9x13 pan.
5. Rise 1.5 to 2 hours, until puffy and touching.
6. Brush with egg wash. Bake at 375 F for 20 to 25 minutes, until deep golden (center about 190 F).
7. Brush with melted butter and sprinkle with flaky salt right out of the oven.