

Quick Bread

Yield - 12 rolls

Ingredients:

Dry Ingredients:

3 - 3 1/2 cup ... all purpose flour

1 Tablespoon ... yeast (Instant / Rapid Rise)

1/4 cup ... sugar

1 teaspoon ... salt

Wet Ingredients

270mL (little over 1 cup)... warm water

1/3 cup vegetable oil

1 Large egg

Direction

1. Yeast, warm water (110 - 115F) and sugar into the bowl, and stir and yeast dissolve. Check to make sure yeast is active. When yeast is active, you will start to see yeast bubble up. (about 5-10 min.) Make sure water is warm but not hot or cold, because you can kill the yeast. Also make sure to mix in sugar. Sugar makes yeast super excited!
2. Line a cookie sheet with nonstick parchment paper. If you do not have one, you can grease the surface with vegetable oil so the dough will not stick to your cookie sheet.
3. Put 1 cup of flour into Yeast mix. Wisk it together and wait for a couple of minutes.
4. Add vegetable oil, egg, and salt and another 1 cup of flour in, and mix with a fork and wait for a couple of minutes. By doing so will activate protein in the flour to make nice bread!
5. Add 1/2 cup of flour into the mix, and start kneading the dough by hands.
6. Flour the work surface with remaining flour. start kneading the dough by adding remaining flour. Make sure not to over-work the dough. Depending on your climate, you may not need all the flour for this dough.
7. Form a ball, use the same bowl that you were using before and cover the dough for 5-10 minutes. Let it rest.
8. While resting the dough, clean the work surface and sprinkle fresh flour on the surface.

9. remove the bowl, and lightly flour the dough and rolling pin. Roll the dough and cut them in 12 pieces.

10. Start shaping the dough into small ball, or however you desired, and place them onto the cookie sheet. Cover them up with dampened cheese cloth and let the dough rise for at least 10 minutes.

11. Preheat oven for 400F while you are waiting for the dough to rise.

12. When the oven is ready, uncover the dough and bake it in the oven for about 10 -12 minutes.
(depending on your shape /thickness of dough)

* Option: you may brush egg wash (1 small egg, with table spoon water, beat it really well) on the top surface of the bun, before you place them in the oven for extra golden brown color for your amazing bread.

13. Insert toothpick in center of the bread, if it comes out clean, it's done! If you want to be 100% sure, Use the digital thermometer. If the temperature inside the bread reaches 190F, it's done!

* You may substitute water with milk. In this case, Internal temp should be 200F when finished baking.