Gluten-Free Quick Dinner Rolls

Mock cup-for-cup flour | About 9-10 rolls | 350°F (177°C) | Bake 20-22 minutes

INGREDIENTS - WEIGHED IN GRAMS

ROUX

20 g	mock cup-for-cup gluten-free flour
45 g	water
45 g	milk

FINISHING

Up to 28 g olive oil for brushing

2 g salt for sprinkling, to taste

Use a little olive oil on your hands when shaping the sticky dough.

ROLL DOUGH

220 g	mock cup-for-cup gluten-free flour
30 g	potato starch
35 g	granulated sugar
10 g	whole psyllium husk (not powder)
7 g	instant/rapid-rise yeast
4 g	baking powder
3 g	salt
184 g	warm milk, about 110°F / 43°C
1	large egg, room temperature
28 g	melted butter, slightly cooled

DIRECTIONS

1. Preheat oven to 350°F (177°C). Line an 8 × 8-inch pan with parchment paper. Spray the parchment with cooking spray or rub a little olive oil on it.
2. Make the roux: whisk the 20 g flour blend, water, and milk together in a small saucepan over medium heat. Stir continuously until thickened and a trail appears on the pan bottom; remove from heat.
3. Add the dough flour, potato starch, sugar, whole psyllium husk, yeast, baking powder, and salt to a stand mixer bowl. Mix briefly with the paddle attachment.
4. Pour in the warm milk, egg, melted butter, and roux. Mix on low until combined; then beat on high for 5 minutes, scraping the bowl once or twice. Dough will be soft and sticky.
5. Set the lined pan on a scale. With lightly oiled hands, shape portions of about 65-70 g into smooth rolls and arrange in the pan. Cover with plastic wrap and a clean towel; allow to rise about 30 minutes, or until doubled in size.
6. Remove the plastic wrap and towel. Bake 20-22 minutes, until lightly golden and the centers reach 195-200°F (90-93°C). Brush with olive oil and sprinkle with salt, to taste. Serve warm.

FREEZE BEFORE RISING

Shape the rolls and freeze immediately, before allowing them to rise. Protect in freezer-safe packaging. To bake, thaw overnight in the refrigerator, then let rise on the counter about 45 minutes or until visibly risen (cold dough may take longer). Bake as directed above.

For baked rolls: Cool fully before wrapping or freezing. Thaw in the refrigerator and gently rewarm before serving.

FLOUR BLEND NOTE

If your flour blend does not contain milk powder, remove 1½ Tbsp flour from the 220 g used for the roll dough and add 1½ Tbsp gluten-free dry milk powder (grind finely first). If your mock cup-for-cup blend already contains milk powder, make no change.