

Sourdough Hawaiian Rolls

Sweet Stiff Starter:

- 80 g active starter (*¼ cup*)
- 160 g all-purpose flour (*1 ⅓ cup*)
- 80 g water (*6 tbsp*)
- 20 g sugar (*4 tsp*)

Tangzhong:

- 40 g all-purpose flour (*3 tbsp*)
- 1 6 oz can pineapple juice (*185 g*)* **[see note]**

Milk Mixture:

- 240 g milk (*1 cup*)
- 240 g sugar (*1 cup*)
- 1 stick butter, cubed (*113 g, it doesn't matter if it's cold or softened*)

Dough:

- 300 g bread flour (*2 ½ cups*)
- 250 g all-purpose flour (*2 cups + 1 tbsp*)
- 15 g salt (*3 tsp*)
- 2 egg yolks (*about 35 grams*)
- All of the sweet stiff starter
- All of the tangzhong (*cooled*)
- All of the milk mixture (*cooled slightly*)

Egg wash:

- 1 egg yolk
- 1 tbsp water

Directions:

- 1) **Make the sweet stiff starter.** Mix together all ingredients for the sweet stiff starter 12 hours before beginning this recipe.* **[see note]**
- 2) **Make the tangzhong.** Combine all ingredients for the tangzhong in a small saucepan. Heat over medium-low heat, whisking continuously, until the mixture thickens. Cool completely before incorporating into the dough.* **[see note]**

- 3) **Warm the milk mixture.** In a separate, small saucepan, combine milk, sugar, and butter. Heat the mixture until it reaches 100-110 F, the sugar is dissolved, and the butter is partially melted. Cool slightly before incorporating into the dough.
- 4) **Begin the main dough.** Whisk together the flours and salt in the bowl of a stand mixer. Add the remaining ingredients, and give it a rough stir.
- 5) **Knead** in a stand mixer at a low speed (*1-2 for a KitchenAid*) for 1-2 minutes, until mixed. Increase to a medium speed (*4-6 for a KitchenAid*) and knead 15-20 more minutes, until the dough begins to slap the sides of the bowl and (*mostly** **[see note]**) passes a windowpane test. The dough will be wet and messy* **[see note]**, and will not completely remove itself from the bottom of the bowl.
- 6) Once the dough has passed a windowpane, wet your hands and perform a few sets of coil folds to form it into a nice, smooth round. Cover with a plastic cling wrap, a lid, or a damp cloth.
- 7) **Bulk ferment the dough.** Let the dough rise in a warm environment until it has increased in size by 50-80%. Optionally, you can give the dough 1-3 sets stretch and folds during this time to help evenly distribute the yeast and temperature for fermentation. The total time for bulk fermentation took me eight hours at 75 F, but will take even longer in cooler temperatures.* **[see note]**
- 8) At this point, you can place your dough in the fridge until the next day. (*This is what I usually do.*) If choosing this option, the shaping of this dough into rolls will need to happen approx. 6-8 hours before you plan to bake them. Alternatively, shape (*with oiled hands, to prevent a sticky mess*) and leave at room temperature for another 1-3 hours, until they are puffy and touching one another in the pan.
- 9) **Shape the rolls.** Grease a 9X13 baking dish and shape the dough into 15 rolls, approx. 111 g each, (or 18 rolls, approx 92-93 g each). Let them proof again until puffy and touching one another in the pan.
- 10) Preheat your oven to 400 F.
- 11) **Make the egg wash.** Whisk one egg yolk with one tbsp water until smooth. Brush all over the rolls.
- 12) **Bake** at 400 F for 20 minutes. Then, reduce the heat to 350 F and bake for 20 minutes more. Optionally, halfway through baking (when the temperature is reduced), cover the rolls with aluminum foil so that they don't brown too much.
- 13) **Enjoy!**
- 14) **How to store:** Store on the counter in a Ziploc bag for three, or up to seven, days. Alternatively, flash-freeze the rolls on a sheet pan, then store in the freezer.

To reheat: From room temperature, warm in a low oven (250 F) about five minutes, or in the microwave 30 seconds or less. From frozen, reheat in a 350 F oven for 5-10 minutes, until warmed through.

Notes:

Pineapple juice: The can I am using in this recipe (Dole 6 oz 100% pineapple juice) claims to have 177 mL (equal to 177 g) inside the can. I have weighed the contents of the can multiple times and it always comes out between 185-190 g. This is the amount of pineapple juice you should use.

Sweet stiff starter: Yes, I am aware of exactly how much starter is being made here. This recipe needs a large amount of yeast and moisture to help it rise because of the amount of sugar that we will be adding to the dough. Without this much starter, fermentation would be incredibly slow.

Tangzhong: The tangzhong can be made 12 hours before alongside the sweet stiff starter and kept in the refrigerator until you are ready for it, or it can be made alongside the dough and placed in the freezer to cool completely before incorporation.

Windowpane: Gluten will finish developing during warm fermentation, so the windowpane does not have to be perfect when you are finished kneading. Being able to see through the dough, and maybe even seeing a few small tears, will suffice for this recipe.

Wet and messy dough: Sugar absorbs water from its surroundings, which is why moisture is essential in this recipe. Do NOT be tempted to add more flour. Instead, develop sufficient strength in the dough during the kneading process.

Bulk fermentation: Due to the high sugar content of this recipe, fermentation will be incredibly slow. A proofer can help speed things up, but plan in advance for extended fermentation time, especially if you are proofing at room temperature. If you are not using a proofing aid (or any sort of warm environment), you can let the dough rise completely to double in size.