

Sourdough Potato Rolls

Sweet Stiff Starter:

- 40 g water
- 40 g active starter
- 80 g all-purpose flour
- 10 g sugar

Dough:

- One, small to medium, russet potato (peeled and diced)
- Just enough water to cover the potato for boiling (*at least* 360 g or 1 ½ cups)
- 120 g sugar (½ cup)
- 4 tbsp butter (57 g)
- 120 g cold milk (½ cup)
- 500 g bread flour (4 cups)
- 10 g salt (2 ½ tsp)
- All of the sweet stiff starter

Other Ingredients:

- 2 tbsp softened butter, for greasing the casserole dish
- 2 tbsp melted butter, for washing the rolls

Directions:

- 1) **Make a sweet stiff starter.** Mix together all ingredients for the sweet stiff starter 8-12 hours before you plan to make the dough. Cover and rest at room temperature.
- 2) **Prepare the potato and potato water.** Add the peeled and diced russet potato to a 2 qt saucepan. Pour just enough water into the saucepan to cover the potato (*at least* 360 g/1 ½ cups, to account for what will evaporate while boiling).
- 3) Bring to a boil over the stovetop and continue to cook until the potato is fork tender, 10-15 minutes.
- 4) **Make the potato water mixture.** Reserve 240 g (1 cup) of potato water for the recipe. Combine this with the sugar (stirring to dissolve), butter, and cold milk. Set aside to cool until the mixture is only slightly warm to the touch, about 100 F (38 C).
- 5) **Mash the potato.** Reserve ½ cup (120 g) potato for the recipe. While the potato is still warm, mash it so that no lumps remain. As the potato is worked, it will release starches that change the texture: making it stringy and gummy. For mashed potatoes, this is undesirable, but for these potato rolls, this does not matter. You can use a food

processor to make things easy and smooth, or simply mash with a fork (adding some of the potato water mixture as necessary) until no lumps remain.

- 6) **Mix and knead the dough.** To the bowl of a stand mixer, add the bread flour and salt. Whisk to combine, then add all of the potato water mixture, mashed potato, and sweet stiff starter. Transfer to your stand mixer to knead the dough.
 - *KitchenAid:* Using the dough hook attachment, knead the dough on a medium speed (speed 5-6) until the dough begins to “slap” the sides of the bowl and passes a windowpane test, about 15 minutes. Take care that the mixer does not “jump” off the counter as the dough gets stronger.
 - *Ankarsrum:* Using the dough roller and scraper attachments, knead the dough on a medium speed (speed 5-6) until the dough comes together into a smooth ball and passes a windowpane test. This should take about 15 minutes if the roller is positioned correctly, about one inch from the side of the bowl. The roller should be close enough to the side of the bowl that it is able to work the dough up against it, but far enough away that the dough is not pushed upward, or that the dough does not push the roller too far inward.
- 7) Once the dough has finished kneading, bring it together using the coil fold technique. Then, transfer to a 3.75 qt bowl for bulk fermentation.
- 8) **Fold the dough.** This dough needs one set of folds before resting for the remainder of bulk fermentation/doubling in size. Fold the dough once at least twenty minutes, but no longer than one hour, into bulk fermentation. (Use the shorter time if fermenting temperatures are higher and the longer time if fermenting temperatures are cooler.)
- 9) **Bulk ferment the dough.** Let the dough rest until it has doubled in size, or until it reaches the top of a 3.75 qt bowl. If you are fermenting in a warm environment and plan on utilizing the refrigerator, you can stop fermentation right at double in size, as the dough will continue to ferment in the refrigerator.
- 10) At this point, you can refrigerate the dough until the next day, or shape it right away. This is a sticky dough, meaning it is easier to shape from cold.
- 11) **Divide and shape the dough.** Butter or grease a 9X13 baking dish. Divide the dough into fifteen sections, about 80-85g each. Shape each section into a round by tucking all ends underneath each section, then using your bench scraper (or your pinkies) and the counter to pull the round toward you to tighten the outer skin. Place the shaped rolls, seam side down, in your baking dish.
- 12) **Final proof.** Cover and rest until very puffy and almost touching the covering, about six hours at 70 F (21 C).
- 13) Preheat an oven to 400 F (205 C).
- 14) **Wash the rolls.** Gently brush the rolls all over with 2 tbsp melted butter.

15) **Bake** the rolls for 30 minutes, or until the internal temperature reaches 190 F (88 C).

16) **Enjoy!**

17) **How to store:** These rolls are best stored on the counter for three to five days.

To reheat: Microwave until warmed through, about 20 seconds.

Notes:

- You can save the extra potato water and potato in the fridge for another batch. To work with cold ingredients, heat the potato water on the stovetop with the milk, butter, and sugar until the mixture reaches 90-100 F (32-38 C). Warm the potato in the microwave until slightly warm to the touch, 30-60 seconds.
- Alternatives for the potato: (note that each alternative will have a slightly different flavor and texture)
 - Use 25 g (1/3 cup) potato flakes stirred into 120 g (1/2 cup) hot water in place of the potato.
 - Use 1/2 cup leftover, prepared mashed potatoes in place of the potato.
 - Use 180 g (3/4 cup) milk + 180 g (3/4 cup) water in place of the potato water + milk in the recipe.