

Hawaiian Rolls

2 1/4 teaspoons instant dry yeast

1/2 cup demerara or light brown sugar

4 1/2 cups flour

1/2 teaspoon salt

4 tablespoons milk/soy milk

1/3 cup oil

1 cup canned (only canned, not fresh or it negatively affects the yeast and rising of the dough!) pineapple juice

2 eggs, beat and save a tablespoon of egg for brushing on tops of rolls

Directions:

In bread machine or mixer, place yeast, brown sugar (if you aren't sure your yeast is alive and well, proof it beforehand, see above instructions), flour and lastly the salt. Mix together (on dough function in bread machine) then add soy milk, oil, canned pineapple juice and the eggs, setting aside one tablespoon of beaten egg to brush on the tops of the rolls. Mix/beat the dough till a smooth and slightly sticky dough is formed. In bread machine, just leave top closed and let rise in the warmth about an hour and a half or till doubled and fluffy. In mixer, spray top of dough lightly with oil spray and cover with clean towel or plastic wrap till doubled and fluffy. Place dough on mat or parchment paper, cut in half and again and again until you have 16 more or less equal pieces of dough. Place a piece of parchment paper in a 9 x 13 rectangular pan and roll the dough into balls placing them loosely next to each other. If they don't touch it's fine, they will rise together. Cover lightly and let rise about 1/2 an hour till light and fluffy looking. Preheat the oven while they rise to 350 F/180C. Lightly brush tops of rolls with the reserved beaten egg and place in oven. Bake about 20 minutes or till tops are browned and rolls are fully baked through. Cool about 5 minutes in pan on wire rack and then remove from pan and let finish cooling directly on rack.