

Rye and Oat Rolls

yields between 16-18 rolls depending on how large you make them

2 tablespoons instant dry yeast

2 tablespoons Demerara sugar or light brown sugar

1 cup (100 grams) whole grain rye flour

7 cups (900 grams) white flour

1 cup (80 grams) quick oats

1 tablespoon salt

1/4 (60 ml) cup canola oil

3 -3 1/4 cups (710-768 ml) lukewarm water

Directions:

Proof the yeast with the sugar and half a cup of the water for about 5 minutes or till yeast starts to bubble nicely. Add the flours, oats, and salt, oil and another 2 cups of water and watch as dough comes together, adding water as needed till dough is a bit sticky and forms a nice mass. You might not use the larger amount of liquid, it depends how the oats and flour absorb it. Okay. Let knead about ten minutes in mixer and in bread machine on dough cycle. Let rise covered till doubled in bulk in a warm environment about an hour or so. Cover two rimmed baking sheets with parchment paper and snag handfuls of dough, smoothing and tucking under to form balls and place on parchment papered sheets. Preheat the oven to 400 F/200 C. Let rolls rise about 30 minutes or till puffy and bake for 22-25 minutes or till browned. Let cool on sheets on wire racks. Toasts and freezes beautifully.