

French Rolls

This recipe was served at a series of Georgian dinners held in the historic dining room of Campbell House in March 2011 and also in March as part of refreshments after a re-enactment of the Types Trial, a program in partnership with ROMwalks.

From *The Cook's Own Book*, 1832.

1/4 cup (50 mL) lukewarm water
1/2 tsp (2 mL) granulated sugar
2-1/2 tsp (12 mL) active dry yeast
2 cups (500 mL) milk
1/3 cup (75 mL) butter, cubed
1-1/2 tsp (7 mL) salt
5 cups (1.25 L) all-purpose flour, approximate

- In liquid measuring cup, stir water and sugar together until sugar dissolves. Sprinkle yeast over top; stir to wet yeast. Let stand in warm spot until frothy, about 10 minutes. Stir briskly.
- Meanwhile, warm milk and butter over medium heat, stirring often, just until butter melts; pour into large bowl and let cool to warm room temperature. Stir in yeast mixture and salt.
- Mix in flour, 1 cup (250 mL) at a time until dough is too stiff to stir. Scatter some of the remaining flour onto work surface; scrape dough out onto flour. Knead, incorporating as much of the remaining flour as necessary to make smooth stretchy dough, about 8 to 10 minutes.

- Clean bowl; butter lightly. Return dough to bowl, turning dough to grease on all sides. Cover bowl and let dough rise in warm spot until doubled in bulk, about 1-1/2 hours.
- Meanwhile, line large rimless baking sheet (domestic oven size baking sheet) with parchment paper; set aside.
- Press dough to deflate. Form into log 24-inches (60 cm) long. Cut evenly into 24 pieces, each about 2 oz (60 g). Shape into balls, stretching and pinching dough underneath to smooth tops.
- Arrange balls about 1-inch (2.5 cm) apart on prepared pan. Cover and let rise in warm spot until doubled in bulk, about 1 hour.
- Bake in centre of 375°F (190°C) oven until golden brown, about 15 to 20 minutes. Let cool on racks. Make-ahead: Enclose in large freezer bag, press out air, seal and freeze for up to 2 weeks.

Makes 24 rolls.