



Noreen's Kitchen

Italian Style Sub Rolls

Ingredients

4 to 5 cups all purpose flour
1 1/3 cup water
1/4 cup olive oil
1/4 potato flakes

1/4 cup dry milk powder
1 tablespoon instant yeast
1 tablespoon granulated sugar
1 tablespoon salt

Step by Step Instructions

NOTE: I use a Bosch mixer for my dough this eliminates the need for a second rise. When I make my dough I can simply shape and then rise and bake. If you don't have a Bosch, you should follow these instructions as written. If you do have one, then skip the first rise and proceed with dividing and shaping the dough once mixed and kneaded.

Preheat oven to 375 degrees.

Combine all ingredients in the bowl of your mixer with the dough hook attached.

Mix well and once the dough comes together and does not stick to the sides or bottom of the bowl, continue kneading for 5 minutes longer.

Remove dough from the bowl and oil the bowl and return the dough to the oiled bowl and roll the dough around to coat with oil.

Cover bowl and allow dough to rest for at least 1 hour or until it has doubled in size.

After dough has finished rising, deflate gently and divide into eight equal pieces that are slightly elongated. Don't roll these into balls.

To shape rolls. Place a piece of dough in front of you. press it out into an elongated oval a bit wider than the palm of your hand. Pull the long side of the dough furthest away from you down into the middle of the oval and press firmly to seal. Roll the dough once more into itself and press to seal. Roll the remainder under the roll and gently roll with your hands on the board, sealing the dough completely. While you are doing this using both hands and spreading your fingers slightly, use your pinky fingers to seal the ends of the roll and shaping it into a nicely rounded torpedo shape.

Place formed rolls onto a baking sheet that has been lined with parchment. Cover with a clean, lint free towel and place in a warm spot. Allow to rise for at least 30 minutes or until doubled in size.

Using a very sharp knife, slash each loaf 4 or 5 times diagonally.

Bake for 30 minutes or until golden brown and the loaves sound hollow when tapped.

Remove loaves from oven and allow to cool at least one hour before slicing and serving. baking sheet.

Enjoy!