

2. Rohlíky 2025

Czech Rolls

12 rolls

Active Time: **30 min.**

Total Time: **3 + hours**

Level of Advancement: **3/5**

Ingredients:

4 cups of bread flour

1 TBSP of active dry yeast

1 TBSP of granulated sugar

2 TSP of salt

1 ¾ cups of lukewarm water - about 90 to 100°F (preheat in the microwave or on the stove)

¼ cup of cooking oil (any kind)

Brushing mixture:

1 egg

¼ cup of milk

Optionally: Sprinkle with:

- Black and/or white sesame seeds
- Crushed pepper flakes
- Poppyseeds
- Sunflower seeds or any other kind of seeds
- Sea salt (do not use if you are going to freeze or refrigerate the rolls; it will make them soggy)

Tools:

Measuring Spoons & Measuring Cups

Whisk

Kitchen Mixer with Hook Attachment

Measuring Pitcher or Small Glass/Ceramic Mixing Bowl

Bowl Scraper

Plastic Wrap

Kitchen Towel

Kitchen Scale

Rolling Pin

2 Medium Size Baking Sheets with Parchment Paper or Silicone Mat

Silicone Brush or Pastry Brush

Cooling Rack

Directions:

Already Prepared:

1. Dough:

1.1. Place into a kitchen mixer with a hook attachment:

4 cups of bread flour

1 TBSP of active dry yeast

1 TBSP of granulated sugar

2 TSP of salt

Shortly stir with a hand whisk just enough to combine all ingredients (about 1 minute).

1.2. Add:

1 ¾ cups of lukewarm water

¼ cup of cooking oil

Knead on low speed until all ingredients are partially incorporated (about 1 - 2 minutes).

1.3. Then increase the speed to medium-high and knead until all ingredients are fully combined and the dough is formed (about 3 - 4 minutes).

2. Rising the dough:

2.1. Remove the bowl from the kitchen mixer and cover it with plastic wrap or plate.

2.2. Let it rise in a warm place until it has tripled in size (about 1 - 2 ½ hours).

Start Here:

3. Pre-shape the dough into compact balls:

3.1. Place the dough on a **surface without flour** and separate it into 12 even pieces, about **3.2 OZ** each, using a bowl scraper and scale.

- 3.2. Form each piece of dough into compact dough balls with your hands.
- 3.3. Cover the balls with a dish towel and let them rest for about 10 minutes before the next step.

4. Shape the rolls:

Before you proceed:

- Shape rolls one by one on a surface that **does NOT have** flour.
- Make sure that the surface is perfectly clean (no residue of food, ingredients, etc.).
- Since the dough includes butter, it will not stick to the surface. If it occasionally does, use your bowl scraper to release the dough.

- 4.1. Using a rolling pin, flatten each piece of dough into a long shape (approximately 3 – 4" x 5 – 8").
- 4.2. Then, using your hands, roll the dough into a roll shape:
 - 4.2.1. Hold both ends of the dough and start rolling and stretching it to the sides at the same time.
 - 4.2.2. Then, roll the roll with both hands on a work surface to a final thickness of about $\frac{3}{4}$ ".
 - 4.2.3. Place on a baking sheet and repeat with the remaining dough balls.

5. Proofing:

- 5.1. Prepare a brushing mixture by briefly hand-whisking **1 egg** with **$\frac{1}{4}$ cup** of milk in a measuring pitcher (for whisking, you can also use a silicone brush) to create a brushing mixture, and then brush all the rolls (keep the rest for the second brushing).
- 5.2. Then let it proof in a warm place until it has doubled in size (usually about 20 minutes to 1 hour). Watch carefully in order to prevent over proofing.
- 5.3. Gently brush again all the rolls with the remaining brushing mixture right before baking (when proofing to the final shape is completed).
- 5.4. Optionally, sprinkle with sesame seeds, crushed pepper flakes, sea salt, or poppy seeds.

6. Set oven to preheat at 420°F.

7. Baking:

- 7.1. Bake in a preheated oven until a nice golden color is reached, which means the rolls are done (about 12 -15 minutes). Rotate the baking sheets in the middle of baking.
- 7.2. Test with a toothpick.
- 7.3. Then, cool on a cooling grate.

Tips:

- You can increase the rising time for up to four hours based on your convenience.
 - You can bake more rolls than you need and freeze them for later usage (they stay great in the freezer for up to a half year). Defrost in only two hours.
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Brie Spread

6 - 8 servings

Ingredients:

8 OZ of brie - diced *

Optionally: $\frac{1}{4}$ of medium onion - peeled and finely chopped

Optionally: **1 cup** of ham - cut to skinny noodle shapes (or salami)

$\frac{3}{4}$ **cup** of plain white yogurt (preferably regular whole yogurt or whole Greek yogurt)

$\frac{3}{4}$ **cup** of mayonnaise

$\frac{1}{2}$ **TSP** of salt

$\frac{1}{4}$ **TSP** of ground pepper - ideally freshly ground

*Brie is very hard to cut because it is usually too soft. If you put brie in a freezer for about an hour before cutting it will be much easier for you.

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Medium Mixing Bowl (about 3 - 4 QT)

Silicone Spatula

Directions:

1. Place all ingredients into a medium mixing bowl and thoroughly fold them together with a spatula.
2. Taste and add salt and/or pepper if needed.
3. Refrigerate overnight for best results (ingredients will then be able to settle more completely).

Sardines Dip or Spread

6 - 8 servings

Ingredients:

2 cans of sardines – drain if in water, don't drain if in quality olive oil

Juice from **1** large lemon

½ stick (2 OZ) of butter - soft (room temperature)

1 TPBS of Extra Virgin Olive Oil or oil from the can of sardines about this amount

¼ cup of mayonnaise

¼ medium onion - peeled and finely chopped

½ cup of chives - chopped

½ TSP of salt

¼ TSP of ground pepper - ideally freshly ground

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Strainer

Kitchen Mixer with Whisk and Flat Beater Attachment or Hand Mixer

Optionally: Lemon Squeezer

Silicone Spatula

Directions:

1. Place into the kitchen mixer with a flat beater attachment:

2 cans of sardines

Juice from 1 large lemon

½ stick of butter

1 TSP of Extra Virgin Olive Oil or oil from the can of sardines about this amount

Process on medium speed until combined (about 4 - 5 minutes).

2. Replace the flat beater with the whisk attachment and add:

¼ cup of mayonnaise

¼ medium onion - finely chopped

½ cup of chives

½ TSP of salt

¼ TSP of ground pepper

Process until you reach a creamy and airy texture with little pieces of onion (about 3 minutes).

3. Taste and add salt and/or pepper if needed.

Tips:

If parts of the ingredients stick to the side of the mixing bowl during processing, stop the kitchen mixer, and using a spatula, add it back into the mixture. Then, continue processing.

Disclaimer:

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- provide health and dietary advice to readers
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