

# Rosemary Bread

## ローズマリーブレッド

Yield: 1 loaf or 6–8 rolls

### Ingredients

- 200 ml warm water (~38°C)
- 5 g sugar
- 5 g instant yeast (ドライイースト)
- 300 g bread flour (強力粉)
- 5 g salt + small pinch MSG (塩+MSG)
- 1 T / 14 g olive oil (オリーブオイル)
- 1½ T fresh rosemary, finely chopped (ローズマリー)



### Instructions

#### 1 Prepare the yeast:

- If using instant yeast, it can be mixed directly.

#### 2 Make the dough (KitchenAid method):

- To the mixer bowl, add:
  - **Warm water**
  - **Sugar**
  - **Yeast**
- Add:
  - **Flour**
  - **Salt + MSG**
- Attach dough hook and start mixing on **low speed (Speed 1–2)**.
- After about 1 minute, add:
  - **Olive oil**
  - Chopped **rosemary**
  - Continue mixing until a rough dough forms and all flour is incorporated.

*(Adding oil and rosemary slightly later helps distribute them more evenly.)*

#### 3 Kneading Increase to **Speed 2** (do not go higher).

- Knead for **6–8 minutes**.

Proper dough texture:

- Smooth and slightly elastic
- Pulls away from sides of bowl
- Slightly tacky but not sticky

#### 👉 **Optional check:**

- Stretch a small piece of dough.
- If it stretches thin without tearing (windowpane), it is ready.

#### 👉 **If dough becomes very tight or tears easily:**

- Stop and let rest 10–15 minutes before proceeding.

#### 4 First rise:

- Place in lightly oiled bowl.
- Cover and rise 60–75 minutes until doubled.
- Let dough **rest 10 minutes before shaping**; gluten relaxes and it's much easier to divide and shape rolls cleanly.

## 5 Divide for rolls (important detail):

- Turn dough onto surface.
- Gently press to remove large air pockets.
- Use a knife or scraper to divide into 6–8 equal pieces.
- For accuracy, weigh total dough (~520 g) and divide (~65–85 g each).

## 6 Shape rolls (step-by-step):

- Take one piece and flatten slightly.
- Pull edges toward the center (like making a pouch).
- Flip over so seam side is down.
- Cup your hand over the dough and roll gently in small circles.
- This creates surface tension → smooth round roll.

## 7 Second rise:

- Place rolls on parchment-lined tray.
- Leave space between them.
- Cover lightly and rise 30–40 minutes.
- They should look puffed and soft.

## 8 Bake:

- Preheat oven to 190°C.
- Optional: brush with olive oil and sprinkle salt.
- Bake 15–18 minutes until golden brown.

## 9 Cooling:

- Let cool at least 10 minutes before eating.
- Interior continues setting during this time.

## Variations

- **Garlic** version: add 1 tsp minced garlic
- **Whole wheat**: replace 50% flour (add 10–15 ml extra water)
- **Parmesan**: add 30 g grated cheese

## Nutrition

**Per roll (8 rolls):** Kcal: 150 | Protein: 4 g | Fat: 3 g | Carbs: 27 g | Fiber: 1 g | Sodium: 220 mg

**Whole batch:** Kcal: 1200 | Protein: 32 g | Fat: 24 g | Carbs: 216 g | Fiber: 8 g | Sodium: 1750 mg