

Rosemary Rolls and Rosemary Bread ローズマリー・ロールパン

Rosemary Rolls

ローズマリー・ロールパン

Yield: 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

Rosemary Parmesan Sandwich Loaf ローズマリー・パルメザン食パン

Pan: 23 × 13 × 7 cm large loaf pan | Yield: 1 large loaf

Ingredients

Flour:

- 420 g カメリヤ bread flour
- 80 g all-purpose flour (薄力粉)

Yeast:

- 7 g instant yeast

Liquid:

- 300 ml warm water
- 60 ml soy milk (豆乳)

Flavoring:

- 2 T / 28 g olive oil (オリーブオイル)
- 18 g finely grated Parmesan cheese (パルメザン)
- 1 T finely chopped fresh rosemary (ローズマリー)
- 1¼ tsp salt + pinch MSG (塩+MSG)
- 1 tsp honey

Optional Variation:

- Replace Parmesan with:
 - 10 g nutritional yeast + 5 g Parmesan



Instructions

1. In large bowl combine **bread flour, all-purpose flour, instant yeast, salt + MSG, Parmesan, and rosemary.**
2. In separate bowl combine **warm water, soy milk, olive oil, and honey.**
3. Add wet ingredients to dry ingredients.
4. Mix until shaggy dough forms.
5. **Knead 8–10 minutes.**
 - Dough should become smooth and elastic.
 - Slight tackiness is normal.
6. Place dough in lightly oiled bowl.
 - Cover and rise **60–90 minutes** until doubled.
7. Lightly grease loaf pan.
8. Deflate dough gently.
9. Shape tightly into loaf.
 - Pinch seam closed.
10. Place seam-side down into pan.
11. Cover loosely and proof **35–50 minutes.**
 - Dough should rise approximately 2–3 cm above rim.
12. Preheat oven to **175°C.**
13. Bake **32–38 minutes.**
 - Tent lightly with foil if top browns too quickly.
14. Bread is done when:
 - deep golden brown

- internal temperature about 93–95°C
15. Cool in pan 10 minutes.
 16. Remove and cool fully on rack before slicing.

Notes

- This loaf is designed for clean slicing and toastability rather than rustic open crumb.
- Excellent for sandwiches, toast, and Boudin-style appetizer bases.
- Finely chopped rosemary distributes more evenly through the loaf.
- Slight underbaking by 1–2 minutes can improve softness.
- Freezes very well when sliced.

Serving Suggestions

- Toast lightly and serve with soup or stew.
- Excellent with mushroom spreads or smoked salmon.
- Very good for crostini or canapé-style appetizers.
- Pairs beautifully with olive tapenade or whipped feta.

Nutrition

Approximate loaf yield: 14 slices

Per slice (14 slices): Kcal: 135 | Protein: 4 g | Fat: 4 g | Sat Fat: 1 g | Carbs: 21 g | Sugars: 1 g | Fiber: 1 g | Sodium: 220 mg | Omega-3: 0.1 g

Whole loaf: Kcal: 1890 | Protein: 56 g | Fat: 56 g | Sat Fat: 14 g | Carbs: 294 g | Sugars: 14 g | Fiber: 14 g | Sodium: 3080 mg | Omega-3: 1.4 g