

ALI'S KITCHEN

Potato Flake Rolls Warm the Soul

Ali baked the rolls on a bitterly cold Sunday for Asian-inspired meatball sliders

Column and photos by Ali Carter, Wisconsin Potato Growers Auxiliary

It was a recent snowy, bitterly cold Sunday with a Packer game scheduled for the afternoon. After looking through the food stock available in the house, Mike and I decided that Asian-inspired meatball sliders would be the perfect late lunch to enjoy during the game.

As Mike made a fire in the fireplace, I got to work on the potato rolls to be used as the base for our sliders.

While this recipe takes a while due to allowing the dough to rise, there is minimal hands-on time needed. A bit of effort and patience gives you soft, fluffy, warm rolls, and is there anything better than freshly baked bread on a blustery winter day?

DIRECTIONS

Warm the milk until the mixture reaches 110-120 degrees Fahrenheit.

Put the flour, potato flakes, sugar, and salt into a mixing bowl. I used my stand mixer with the dough hook for this. Give a quick stir to combine the



dry ingredients.

With your mixer running on its lowest setting, stir in the warm milk and butter. Mix until combined.

Place a dish towel over your mixer to cover the bowl for 20 minutes to let the dough rest. If you're doing this by hand, stir the warmed milk and butter into the dry ingredients, cover the

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INGREDIENTS: Potato Flake Rolls

- 1 cup whole milk
- 3 Tbsp. butter
- 3 cups all-purpose flour
- 1/3 cup dehydrated potato flakes (instant mashed potatoes)
- 3 Tbsp. sugar
- 2 tsp. salt
- 1 3/4 tsp. (1 envelope) instant yeast
- Melted butter for brushing rolls after baking



bowl and let it rest.

Knead the dough until smooth, about 5 minutes by machine or 7 minutes by hand. Cover the kneaded dough and allow it to rise for an hour or two, or until doubled in size.

SIXTEEN DOUGH BALLS

When the dough has risen, carefully turn it out of the bowl onto a lightly oiled worktop. Use a bench scraper or a dull knife to divide the dough into 16 equal pieces. Roll each piece into a ball.

Place the dough balls in a 13 x 9-inch

baking pan, cover the pan with a dish towel and allow them to rise for another hour or two.

About 20 minutes before the end of your rise time, preheat your oven to 350 degrees.

Bake the potato rolls for 20-25 minutes, or until lightly golden and puffy. Brush them with a bit of melted butter right after removing them from the oven.

Serve warm, or store in an airtight container once fully cool.

Enjoy! **BCT**

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