

Herbed French Bread Rolls

Ingredients

- 1/3 cup warm water
- 1 tsp sugar
- 1 tsp flour
- 2 1/4 tsp active dry yeast
- 1 1/2 cups cool water
- 4 1/2 cups all-purpose unbleached flour
- 1 1/3 tbsp iodized salt
- 1 tsp sage
- 2 tsp rosemary
- 2 tsp tarragon

Method

Combine yeast, sugar and the teaspoon flour in a small bowl and add warm water and swirl. Allow to sit until frothy, about five minutes. Add the cool water.

While the yeast is "proofing", combine the rest of the flour, salt, and spices (I used all dried, if you have fresh, that will work even better, I bet) in the large bowl of a stand mixer.

Slowly add the water/yeast mixture to the bowl of flour with the flat beater and set the mixer to "Stir". Once the dough is all wet, replace the flat beater with the dough hook. A rubber spatula helps out at this stage (or a silicone one works even better). Set mixer speed to 2 and allow to mix for about 8 minutes, or until dough is stretchy and smooth. Be sure, during this process, to turn the mixer off occasionally and help combine the dry and wet ingredients. Once complete, remove the beater and remove the bowl from the mixer, dust a piece of plastic wrap with flour and cover the bowl. Place in a warm, dry, draft-free place until doubled in bulk (about 2 hours). Remove the plastic wrap and cover your hands with flour. Place them into the dough and punch down to remove air bubbles, replace plastic wrap. Place in refrigerator overnight.

The next day, remove the dough about 6 hours before you desire the finished product. Place the bowl on a counter and allow to warm up (about 2 hours).

Prepare a work surface, generously sprinkled with flour. Turn bowl upside down and use the spatula to aid in removing the dough. Shape into a rectangle (14 by 12 inches) and cut into four pieces lengthwise. Take one of the rectangles and cut evenly into twelve triangles. Keep the rest of the rectangles under a towel. Roll each of the triangles into a ball. Do the same with the next four rectangles. Place the balls onto generously cornmeal-ed parchment paper (note: if you use wax paper for this, it will smoke like crazy. I bought a special silicon-treated parchment paper that is good for temperatures above 400°F) that has been placed on two flat cookie sheets. You should be able to fit all of them on to two relatively large sheets (15 by 15 inches). Place a floured towel over them and set them in a warm, draft-free place to rise. Meanwhile, place a large square stone in the oven and preheat to 450°F. Allow dough to rise another hour and half.

At this point, you should have a good-working spray water bottle. The loaves and oven will need to be sprayed with water. Once they are in the oven, spray every two minutes for about 10 minutes, then allow to cook for about ten to twelve minutes more. Remove when golden. Remove to a cooling rack and place next batch in the oven, cooking in the same fashion.

The water spray should create a nice, crispy crust. Serve warm.

Source: [Epulo Chemica \(Servings: --\)](#)
