

Whole Wheat Pastry

Easy homemade whole wheat pastry recipe perfect for breakfast. Soft, golden rolls made with simple ingredients in just 50 minutes.

20 min

PREP

30 min

COOK

50 min

TOTAL

6

SERVINGS

Medium

DIFFICULTY

Ingredients

- 4.8 oz butter
- 1 egg
- 1 egg yolk
- 2 tsp salt
- 1 tbsp granulated sugar
- 1 tsp milk
- 1.6 oz yeast
- 2.5 cup wheat flour

Instructions

1 Activate the yeast

Combine 1 tsp yeast with 2.5 cups warm milk (105-110°F/40-43°C) and 2 tsp sugar in a large mixing bowl. Stir until dissolved and let stand for 5-10 minutes until foamy and bubbling.

2 Make the dough

Add 1 tbsp melted butter, 1 tsp salt, 1 beaten egg, and 4.8 oz whole wheat flour to the yeast mixture. Stir with a wooden spoon until a shaggy dough forms.

3 Turn the dough onto a lightly floured surface and knead for 8-10 minutes until smooth and elastic. The dough should spring back when poked and no longer stick to your hands.

4 First rise

Place the dough in a greased bowl, cover with a damp kitchen towel, and let rise in a warm place for 45-60 minutes until doubled in size.

5 **Shape the pastries**

Punch down the risen dough and divide into 6 equal pieces. Shape each piece into a smooth ball and place on a parchment-lined baking sheet, spacing them 2 inches apart.

6 **Prepare for baking**

Preheat oven to 350°F (175°C). Cover shaped pastries with a damp towel and let rise for 15 minutes until slightly puffed.

7 **Finish and bake**

Beat the remaining 1.6 oz egg and brush over the tops of each pastry. Bake for 25-30 minutes until golden brown and the bottoms sound hollow when tapped.

8 **Transfer to a wire rack and cool for at least 10 minutes before serving.**

Tips

Ensure your milk is warm but not hot – it should feel comfortable when tested on your wrist, similar to baby bottle temperature, to avoid killing the yeast.

Knead the dough just until it's smooth and elastic, about 8-10 minutes by hand. Over-kneading can result in tough, dense pastries.

Create a warm environment for rising by turning your oven to the lowest setting for 1 minute, then turning it off and placing the covered dough inside.

For extra flavor, try adding a teaspoon of vanilla extract or a pinch of cardamom to the dough for a subtle aromatic twist.

Brush the tops with beaten egg yolk mixed with a tablespoon of milk for an extra glossy, golden finish.

Space the shaped pastries about 2 inches apart on the baking sheet to allow for expansion during the final rise and baking.

Test for doneness by tapping the bottom of a pastry – it should sound hollow when fully baked.

Let the pastries cool on a wire rack for at least 10 minutes before serving to allow the interior crumb to set properly.