

# Whole Wheat Pastry

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

20	30	50	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Whole Wheat Pastry

## 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

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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.