Tangzhong Dinner Rolls

Soft, fluffy pull-apart dinner rolls made with a tangzhong (cooked flour paste) that keeps the crumb pillowy and moist, finished with melted butter and flaky salt.

255 min · 9 rolls · medium · American



INGREDIENTS

Tangzhong

- ☐ **2 tbsp (20 g)** bread flour
- ☐ **4 tbsp (60 g)** whole milk
- ☐ **2 tbsp (27 g)** water

Bread Dough

- ☐ **1/2 cup (120 g)** whole milk, warmed to 90-95°F (32-35°C)
- ☐ **1 tbsp (9 g)** active dry yeast
- ☐ **2 1/2 cups (320 g)** bread flour, plus extra for dusting
- ☐ **3/4 tsp (3 g)** fine sea salt
- ☐ **1/4 cup (56 g)** granulated sugar
- ☐ **1** large egg, room temperature
- ☐ **3 tbsp (42 g)** unsalted butter, softened
- ☐ cooking spray, for greasing

Topping

- ☐ **1** large egg, room temperature
- ☐ **2 tbsp** whole milk, for egg wash
- ☐ **2 tbsp** unsalted butter, melted
- ☐ flaky salt, for sprinkling

METHOD

Make the tangzhong

1. Whisk the 2 tbsp flour, 4 tbsp milk and 2 tbsp water in a small saucepan over medium heat, whisking constantly for 1-3 minutes until a very thick paste forms. Transfer to a bowl and cool to room temperature.

Make the dough

2. Stir the warm milk and yeast together and let sit 10 minutes until foamy.
3. In a stand mixer fitted with the dough hook, briefly mix the flour, salt and sugar to combine.
4. Add the cooled tangzhong, yeast mixture and 1 egg; mix on low, scraping the sides, until a dough forms.
5. Increase to medium-low and add the butter 1 tbsp at a time, letting each piece fully incorporate before adding the next. Knead 5-7 minutes more until smooth.
6. Turn the dough out onto a clean surface and roll it in circular motions under your palms, keeping contact with the counter, until it forms a taut ball; flour your hands lightly if it is too sticky.
7. Place in a lightly greased bowl, cover with a damp towel and let rise at room temperature until doubled, 1-2 hours.

Shape and proof

8. Punch down the dough, turn onto a lightly floured surface and divide into 9 equal pieces (about 75 g each).
9. Roll each piece into a taut ball by cupping it under your palm and moving in circles against the counter. Arrange 3 by 3 in a greased 9x9-inch (22x22 cm) baking dish.
10. Cover with a damp towel and proof until puffed and nearly doubled, 1-2 hours. Near the end, preheat the oven to 350°F (175°C).

Bake

11. Whisk the remaining egg with 2 tbsp milk and brush over the rolls.
12. Bake 28-30 minutes until rich golden brown, puffed and cooked through.
13. Immediately brush with melted butter and sprinkle each roll with flaky salt.

TIPS

– The dough will be a little sticky after kneading; that is normal, so lightly flour your hands rather than adding lots more flour.

– Make sure the tangzhong is fully cooled before adding it so it doesn't harm the yeast.

– Keep the milk for the yeast at 90-95°F (32-35°C); hotter milk can kill the yeast.

– The amount of melted butter for brushing isn't specified; about 2 tbsp is plenty.

Joshua Weissman · https://www.joshuaweissman.com/recipes/quick-easy-dinner-rolls-recipe