

FLOWER-SHAPED DINNER ROLLS

(from *Joyce Mad*)

325g flour
150mL slightly warm milk
1 egg
50g butter, softened
1 tsp instant yeast
30g sugar
1 tsp salt
purple carrot powder or any other natural food coloring, about 1 tsp

In a KitchenAid type bowl, add milk, sugar, yeast, egg, salt, and flour. Mix them together until they form a shaggy mass of dough. With the machine running (dough hook), add the butter in small pieces and knead until smooth. Split the dough in half. Color one half with your choice of natural dye.

Place both dough portions in a warm spot and let them rise for approximately 2 hours, or until doubled in size. Once the dough has risen, punch it down. Roll and flatten both dough portions into squares, layering the purple dough over the white dough.

Use a cookie cutter to cut small circles from the layered dough. Take each circle and fold it three-quarters, then fold it in half again, pinching the ends to form petals. When you make five petals add a small ball of dough in the middle. Repeat the folding and shaping process until all the dough is used.

Cover the flower-shaped dinner rolls and let them rise again until doubled in size, about 1 hour. Brush the rolls with milk. Bake them in a 375F oven for 15–20 minutes, or until they turn golden brown. Once the rolls are baked, brush them with melted butter and sprinkle sesame seeds in the middle of each roll for decoration.