

Honey Yeast Rolls

2 ¼ teaspoon instant yeast

1 cup warm water (105-115 degrees F)

¼ cup honey

3 tablespoons canola oil

1 ¼ teaspoons salt

1 egg, slightly beaten

4 cups bread flour

Vegetable cooking spray

2 tablespoon butter, melted

2 tablespoon honey

Directions:

In the bowl of an electric mixer fitted with the paddle attachment, combine the yeast and warm water. Add the honey, oil, salt, egg and mix well. Add 3 cups of the flour and mix until the dough comes together in a sticky mass. Switch to the dough hook, with the mixer on low speed, incorporate the remaining 1 cup of flour. Continue kneading on low speed for about 8 minutes, until the dough is smooth and elastic.

Transfer to a lightly oiled bowl, turn once to coat, and cover with plastic wrap. Let rise in a warm, draft-free spot, until doubled in bulk, about 2 hours.

Turn the dough out onto a lightly floured work surface and knead for 30 seconds. Cover with a towel and let rest for 10 minutes. Punch the dough down and divide into 10-12 equal size pieces. Shape each piece into a smooth ball and place into a round, lightly greased 9- or -10 inch round baking dish, spacing evenly. Cover and let rise in a warm, draft-free spot for 2-0-30 minutes.

Preheat the oven to 400 degrees F. Mix together the melted butter and honey; brush the tops of the rolls with the mixture. Bake for 15-20 minutes, or until tops are golden brown and the rolls are baked through. Let cool slightly before serving.