

ITALIAN SORDOUGH PANINI BREAD ROLLS

Cooking Times

- **Prep:** 20 minutes
 - **Cook:** 15–20 minutes
 - **Rest/Rise:** 14 hours
 - **Yield:** 10 rolls
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Equipment

- Stand mixer (optional)
 - Baking sheet + parchment paper **or** baguette pan (optional)
 - Plastic wrap or cover
 - Small oven-safe pan for steam
 - Sharp knife/lame for scoring
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Ingredients

A) Sweet Stiff Starter (10–12 hours before)

- 1/4 cup + 1 tbsp active sourdough starter
- 1/2 cup Italian strong flour (Manitoba), spooned & leveled
- 1 tbsp + 1 tsp sugar
- 1 tbsp + 2 tsp warm water (add a few drops only if needed)

B) Main Dough

- 5 1/3 cups Italian strong flour (Manitoba), spooned & leveled
- 2 tbsp + 2 tsp sugar
- 1 1/2 cups warm water
- 1 large egg + 1 large yolk
- 1 1/4 tsp fine sea salt

- 1 tbsp + 3/4 tsp extra-virgin olive oil
 - 1/2 tsp instant yeast
 - Optional: 1 tbsp + 1/2 tsp lemon juice
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Instructions

1) Make the Sweet Stiff Starter (Night Before)

1. In a small bowl, mix: starter + flour + sugar + warm water.
 2. You want a **stiff dough** (like modeling clay). If it won't come together, add **a few drops** of water.
 3. Cover lightly and leave at room temperature for **10–12 hours**.
It may not double—just look for slight puffiness and a mild fermented smell.
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2) Mix the Dough (Next Day)

1. Add all **Main Dough** ingredients to a mixing bowl.
 2. Tear the stiff starter into small pieces and add it in.
 3. Mix/knead until the dough is **smooth and elastic**:
 - Mixer: **6–10 minutes**
 - By hand: **10–15 minutes**
 4. Cover and rest **2–3 hours**, until **puffy** (it may or may not fully double).
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3) Divide and Pre-Shape

1. Gently deflate the dough.
 2. Divide into **10 equal pieces** (about **125–135 g each**).
 3. Shape each piece into a tight ball.
 4. Place on a lightly oiled tray, cover, and rise **1 hour** until puffy.
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4) Shape the Rolls

1. Roll each ball into an **8-inch log**.
 2. Place on a greased baguette pan or parchment-lined baking sheet.
 - If using a baking sheet, fold parchment into “walls” between rolls so they don't touch.
 3. Cover and rise **30–60 minutes**, until the surface looks **smooth and airy**.
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5) Bake with Steam

1. Put a small pan of water on the **lowest rack** (or oven floor) for steam.
 2. Preheat oven to:
 - **Convection: 400°F**
 - **No convection: 425°F**
 3. Uncover rolls, lightly mist/sprinkle with water, then **score lengthwise**.
 4. Put rolls in the oven and immediately reduce to:
 - **Convection: 375°F**
 - **No convection: 400°F**
 5. Bake **15 minutes** (rotate halfway if your oven bakes unevenly).
 6. Rolls are done when:
 - They sound hollow when tapped, **or**
 - Internal temp is about **195°F** (optional thermometer)
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6) Finish for a Better Crust (Optional but Nice)

- If the rolls are done: lightly mist once more, place them **directly on the oven rack**, turn the oven **off**, and crack the door for **5–10 minutes**.
(This helps dry the crust slightly without overbaking.)
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Tips (Quick)

- **Best flour:** Italian **Manitoba flour** gives strength and that panini-shop bite.
- **Softer rolls:** Skip the final “oven off/cracked door” step and cool under a clean towel for 10 minutes.
- **For panini:** Cool completely before slicing, then press until golden.