

ChefNorway's Rolls Choice

"Large Chocolate Rolls"

Servings	Preparation Time	Mixing Time	Baking Time	Raising Time	Oven Temperature
6+ People	15 minutes	7-10 minutes	17 minutes	15+30 minutes	200/392 Celsius/Fahrenheit

You've got to understand that Norwegians live for sweet rolls. Our local gas stations tempt us with a new version every month, making them better and fresher than ever. I don't think you can understand until you visit Norway. But if you do, don't miss out on fresh rolls out of a bakery or the 100 variations you can find at a gas station. I love chocolate rolls. They have that extra flavor with the chocolate that makes them perfect. Shouldn't eat too many though!



Ingredients

European Measurements	US Measurements
1 kg white flour	35 oz. white flour
2 tbsp. cardamom	2 tbsp. cardamom
150g sugar	5 oz. sugar
6 dl. milk	3 cups milk
100g yeast	3.5 oz. yeast
150g butter	5 oz. butter
100g chocolate	7 oz. chocolate
1 egg + 2 tbsp. hot water	1 egg + 2 tbsp. hot water

Directions

- Start by melting butter in a small casserole pot.
- When melted add in the milk and heat up to approximately 37-40°C (100-110°F) + (2 minutes should do it)
- Add flour, cardamom, sugar and yeast to a mixer bowl.
- Pour in the butter and milk mixture.
- Use the "hook" tool and start the mixer at low speed for 2 minutes.
- Continue mixing at full speed for another 7 minutes.
- Add more flour if the dough gets too sticky.
- Take out of the bowl and let it rest on the kitchen counter for 15 minutes.
(There are several ways to make a roll and below I will give you direction to make one of the types. But you could always look for another one of my roll recipes and split the dough in 2 halves. Then add the extra ingredients of your choice!)
- Flatten out the dough with your hands, and spread out the chocolates on top.
- Fold in every corner, and roll it up to a large dough roll.
- Keep rolling it to a "bread ish" shape, before you cut it into about 18 pieces.
(You can use a kitchen weight to make sure they are similar in size.)
- Place 9 rolls on each baking sheet, with a baking paper under.
- Let the rolls rise for about 30 minutes in a hot place.
(You could also insert a deep pan in the oven filled with water and turn the oven on at suggested temperature in recipe. Unless you are privileged with a steam oven, this is how we trick our way to one. It takes about 30 minutes for the oven to heat up the water so start this part early. The pan should be placed at the very bottom of the oven.)
- Mix 1 egg + 2 tbsp. hot water, and brush the rolls with the mixture.
- Quickly get them into the oven. They need about 17 minutes to bake. When the color is golden brown they are done!
- Try to eat them within 2 hours, because they will lose their absolute freshness quickly!