

Honey Yeast Rolls

1 (1/4 oz) package fast rising yeast (2 1/4 teaspoon instant yeast)
1 cup warm water (105°-115° F)
1/4 cup honey
3 tablespoon canola oil
1 1/2 teaspoon salt
1 egg, lightly beaten
4 cups bread flour, separated
cooking spray or oil
1 tablespoon butter, melted
1 tablespoon honey

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

Form the dough into a ball and transfer to a lightly oiled bowl, turning once to coat. Cover the bowl with a damp kitchen towel and let the dough rise in a warm, draft-free spot until it doubles in bulk, about 2 hours.

Turn the dough out onto a lightly floured surface and knead for 30 seconds. Cover and let rest for 10 minutes.

Punch the dough down and divide into 12 – 14 equal portions. Shape each portion into a ball. Place into two round, lightly greased cake pans, spacing evenly. Cover and let rise in a warm, draft-free place for 20 minutes. Bake at 400° for 13-15 minutes or until lightly browned. Mix together the melted butter and honey. Five minutes into baking, brush the butter/honey mixture on top of rolls. Serve warm or at room temperature.

Source: Adapted from [Amber's Delectable Delights](#)