

Culinary Lavender:

Grandma's Lavender Potato Rolls



I'VE ADDED LAVENDER TO MY GRANDMOTHER'S WONDERFUL RECIPE FOR POTATO DINNER ROLLS. SERVE WARM, EXPECT RAVES!

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Recipe type: Baking

Serves: Makes about 24 rolls

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INGREDIENTS

- 1 large russet potato, peeled and cubed
- 1/4 cup of warm water (about 110° to 115°F)
- 1 package of active dried yeast
- 1 cup of milk, heated to 180°F and cooled to lukewarm
- 4 tablespoons of unsalted butter, at room temperature
- 1 large egg
- 1/2 teaspoon of sea salt
- 1 cup of finely diced or sharp white Cheddar cheese
- 1/4 cup of minced green onion
- 1 tablespoon of finely chopped fresh lemon thyme or thyme
- 1 tablespoon of dried culinary lavender 'Provence' lavender buds
- 4 cups of all-purpose flour
- 1 large egg, slightly beaten (glaze)

INSTRUCTIONS

Place the potato in a medium saucepan and cover generously with cold water. Bring to a boil over medium-high heat, then reduce the heat and simmer until tender, about 10 minutes. Drain and cool. Mash and measure out 1/2 cup for the rolls; reserve any remainder for another use.

Place the warm water in a large bowl and sprinkle with the yeast. Let stand for 5 minutes, or until foamy. Stir in the potatoes, milk, butter, salt and 1 egg. Then stir in the cheese, green onion, and thyme.

Place the lavender and 1 teaspoon of the flour in a spice grinder. Pulse until finely ground. Add to the bowl. Stir in 2 cups of the flour. Stir in enough of the remaining flour to make a soft dough. Turn out onto a lightly floured surface and knead for 6 to 8 minutes, or until smooth and elastic.

Oil a large bowl, add the dough, and turn to coat the top. Cover and let rise in a warm place until doubled in size, about 1 hour. Punch down and shape into a ball. Cover and let rise for 10 minutes.

Grease 2 baking sheets. Pinch off small amounts of dough (about the size of a lime) and shape into rolls. Place on the baking sheets with at least 1/2 inch space between them. Let rise until almost doubled in size, about 1 hour.

Preheat the oven to 400°F. Glaze the rolls by brushing the surface with slightly beaten egg. Bake for 10 to 12 minutes, or until golden brown.