

# HAM & GRUYÈRE ROLLS



**It's the night BEFORE Bake Day** (p. 58). As usual, you're going to pull 1/2 cup mother from your Refrigerator Mother, feed her 3/8 cup flour and 1/4 cup water, stir/cover, and put her back until next week.

To the 1/2 cup mother now in your *Glass/ock* bowl that's about to become your "activated batter," you'll add 3/8 cup flour and 1/4 cup water; stir/cover.

**It's Bake Day.** Rise and shine! Feed your activated batter 3/8 cup flour and 1/4 cup water; stir/cover. Two to three hours later, it's ready to go to work for you.



Depending on the type of flour you're using, follow the amounts in the chart below.

	Activated Batter	Buttermilk	Butter	Honey	Salt	Eggs	Flour (same type as mother)
White	1 1/2 cups	1/2 cup	2 T	1 t	1/2 t	1	2 1/4 cups
Kamut	1 1/2 cups	*	*	*	*	*	*
Sprouted	1 1/2 cups	1/2 cup	2 T	1 t	1/2 t	1	2 1/2 cups
Einkorn	1 1/2 cups	*	*	*	*	*	*
Einka	1 1/2 cups	1/2 cup	2 T	1 t	1/2 t	1	3 cups

\*Check back in for recipe updates

### Ham & Gruyère Filling

Ham (sliced)	Gruyère Cheese (grated)
6 ozs	1 1/2 cups

### Buttermilk Honey Mustard

Grainy Mustard	Buttermilk	Honey
1/4 cup	2 T	2 T

1. In a small saucepan over low heat, combine buttermilk, butter, honey, and salt. Heat until butter begins to melt. Using your digital thermometer, test to make sure the mixture isn't hotter than 100°F. Add milk mixture and egg to bowl with batter; mix until smooth.
2. In another large bowl or stand mixer fitted with a dough hook, add flour. Make a well in the center of the flour to receive the liquid and add wet ingredients. Mix until a smooth, sticky dough forms.
3. Wash and dry a *Glasslock* bowl and coat with butter. Scoop dough into buttered bowl, cover bowl with its lid, and let condition in a warm place (70–73°F) for 2 hours.
4. Lightly butter an 8" x 8" glass-baking dish.
5. Generously dust a clean work surface with flour and scoop dough from bowl. Lightly dust top of dough with flour and press dough out to an 18" x 9" rectangle. Spread sliced ham over dough and top with grated cheese.
6. Beginning from a 9" side, roll dough up jelly-roll style (dough will be very soft, so use a light hand). Once dough is rolled up, using a 12" strand of string or thread, cut off ends (these can be baked separately for a flavorful snack). Cut log into 6 rolls and place in prepared baking dish.
7. Brush tops of rolls with melted butter, cover baking dish with plastic wrap, and let rise in a warm place (70–73°F) for 3 1/2 hours, or until dough is level with the top of the pan.
 

**Alternate method:** Brush tops of rolls with melted butter, cover baking dish with plastic wrap, and let rise in a warm place (70–73°F) for 2 hours, then place in refrigerator overnight. The next day, remove rolls from refrigerator and let warm up on counter for 45 minutes, then proceed to step 8.
8. Preheat oven to 350°F.
9. Bake rolls for 25 minutes, cover with foil to prevent over-browning, and bake an additional 10 minutes.
10. Meanwhile, make buttermilk honey mustard: In a small bowl, combine mustard, buttermilk, and honey and mix well. Refrigerate until ready to serve.
11. Cool until warm and enjoy.

**Proofing Time:** 5 1/2 hours

**Bake Time:** 35 minutes

**Makes:** 6 rolls