ST. ANTHONY OF PADUA · JUNE 13

St. Anthony’s bread rolls

Prep 30 min **Cook** 20 min **Rise** 1 hr 30 min **Total** 2 hr 20 min **Makes** 12 rolls **Level** Easy

ADULT SUPERVISION REQUIRED
Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot.

ALLERGY INFORMATION
Contains wheat (gluten), milk, and egg. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 1 cup (240 ml) milk
- ¼ cup (55 g) butter
- 3½ to 3¾ cups (440–470 g) all-purpose flour
- 3 tbsp (40 g) sugar
- 2¼ tsp (1 packet, 7 g) instant yeast
- 1 tsp salt
- 1 egg, plus 1 egg beaten for brushing

METHOD

1. Warm the milk and butter until the butter melts, then cool until just warm to the touch (about 105–110°F, 40–43°C).
2. In a large bowl, mix 3½ cups (440 g) of flour with the sugar, yeast, and salt. Add the warm milk and 1 egg and mix to a soft dough.
3. Knead for 8 minutes, adding a little more flour only if very sticky, until smooth and springy. Cover and let rise in a warm place about 1 hour, until doubled.
4. Butter a 9×13-inch (23×33 cm) pan. Divide the dough into 12 pieces, roll each into a smooth ball, and set them in the pan in rows.
5. Cover and let rise 30 to 45 minutes, until puffy and touching. Heat the oven to 375°F (190°C).
6. Brush the rolls with beaten egg and bake 18 to 22 minutes, until golden brown. Cool on a rack.
7. Keep some for your family and share the rest: wrap a few for a neighbor, a grandparent, or someone who could use a kind visit.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Roll the dough into balls
- Brush the tops with egg
- Wrap rolls to share and draw a card
- Put a coin in the poor box or St. Anthony’s Bread box

GOOD TO KNOW

- Many food pantries cannot accept homemade food. Share the rolls with neighbors, and give money or packaged food to your parish’s St. Anthony’s Bread or food pantry.
- The rolls freeze well for a month. Warm them in a 300°F (150°C) oven.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Saint Anthony, pray for us, and help us share our bread with all who are hungry.