Yields 14 Rolls  
(Recipe Adapted From [www.farmgirlgourmet.com](http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.farmgirlgourmet.com%2F&h=YAQEsCDYI&s=1))  
  
Roll Ingredients:  
1 1/2 cups warm tap water + 3 TBS  
2 1/4 tsp (or 1 pkg) active dry yeast   
2 tsp white sugar   
4 1/2 cups bread flour   
1 tsp kosher salt   
2 TBS unsalted butter, melted   
2 TBS toasted sesame oil  
.20 oz fresh garlic + 1 tsp sesame oil to sauté garlic in  
  
For Proofing & Boiling:  
1 teaspoon sesame oil  
8 C or 2 quarts water   
1/4 cup baking soda   
1 egg, lightly beaten   
  
Recommended Toppings:  
Sea salt   
Poppy seed  
Sesame seed

First fill a plastic bowl with hot water. Then mix 1 1/2 C water, sugar, and yeast in your Kitchen-aid bowl, and place it on top of your water filled plastic bowl (this is to ensure your yeast will bloom properly)

Then make your Kitchen-Aid bowl look like an Ewok...and by Ewok I mean cover your yeast bowl with a towel, and let your yeast bloom until it resembles this frothy photograph.

Once your yeast has bloomed, put the bowl back onto your Kitchen-Aid that is now fitted with a dough hook.

Meanwhile, add your garlic and 1 tsp sesame oil into a sauté pan on medium high, and let the garlic toast until it is golden brown.

Add toasted garlic, flour, salt, melted butter and 2 TBS of sesame oil into your Kitchen-Aid and mix on lowest speed. Once ingredients start to mix together, turn to medium speed and add in your 3 TBS of water in 1/2 TBS increments until dough is soft and pliable and no longer sticks to the side of the bowl.

Finished dough ball will look like this! Place into a plastic bowl, coat with 1 tsp sesame oil, and cover with a towel.

Place the bowl in a warm area, and then....the waiting begins. Let your dough proof for 1 hour or until it doubles in size.

Next weight out - in ounces- your punched down dough (poor guy) and divide that number by 14. Place divided dough balls onto a parchment lined baking sheet and coat them in sesame oil. Cover with saran wrap, and a towel, then proof for 30 min.

Now to the fun! First pre-heat your oven to 425°F. Then add 2 QT of water into a large pot and bring it to a boil. Add in baking soda - SLOWLY - and begin to add in rolls, very carefully, 3 at a time. Boil on one side for 30 sec, flip, and then boil for another 30 seconds. Take them out with a slotted spoon and place them back onto your parchment lined baking sheet.

Once they are boiled, lightly beat your egg, and egg wash the tops of the rolls. Then change the parchment paper and place the rolls back onto the new, not so wet, baking sheet. Slit, with a very sharp knife, an X on the rolls. Then add your toppings.

Bake on the middle oven rack for 6 min, rotate, then another 6 minutes, rotate and then....that’s right... 3 more minutes. I know...I know there is a lot of rotating going on here, but it will ensure that your rolls cook evenly, and turn out like this plump perfection!

Let them cool - or lets be real here- eat them immediately! Either way these pretzels will be the vessel for some great pull apart bread, as a sidekick to your favorite soup, or even the backbone to an amazing sandwich creation! Nom, Nom, Nom.....