RECIPE GUIDE

MINI ZOPF BREAD

Soft white rolls: ingredients, swaps, gear and steps



RVA FAM PLANS

MAKES	RISE	BAKE	AGES
8 rolls	1½–2 hrs + 30 min	25–35 min at 390°F	3–5 · 6–8 · 9–10

1 INGREDIENTS & SWAPS

⚠ CONTAINS Milk · Egg · Wheat

	INGREDIENT	WEIGHT	VOLUME	SWAPS & NOTES
☐	**All-purpose flour**	**500 g**	3¼ cups	• **or 1:1 gluten-free flour:** works, though crumb and rise will differ.
☐	**Milk** room temp	**325 g**	1⅓ cups	• **or 1:1 oat or soy milk:** best dairy-free swaps (high fat and protein). • **or 1:1 almond milk:** works well, but makes it slightly lighter.
☐	**Butter** salted, soft	**~85 g**	6 tbsp (¾ stick)	• **or 1:1 vegan butter or margarine:** dairy-free substitute. • **or 1:1 refined coconut oil:** solid form, slightly sweet undertone.
☐	**Granulated sugar**	**~12–15 g**	1 tbsp	• **or 1:1 honey or maple syrup:** adds a slight flavor accent.
☐	**Kosher salt**	**~10 g**	1 tbsp	• **Table salt:** 1¾ tsp.
☐	**Active dry yeast**	**7 g**	2¼ tsp (1 packet)	• **Instant or rapid-rise yeast:** mix into the flour, no blooming.
☐	**Egg wash**	**~50 g**	1 egg + splash of water	• **2–3 tbsp milk or plant milk + maple syrup:** shiny, but no egg.

2 GATHER YOUR GEAR

MEASURE & PREP

- ☐ **Kitchen scale** OPTIONAL
  Best for measuring 500 g of flour accurately.
- ☐ **Measuring cups & spoons**
  For milk, yeast, sugar and salt by volume.
- ☐ **Small bowl**
  For whisking the egg wash.

MIX & KNEAD

- ☐ **Stand mixer + dough hook** OPTIONAL
  Speeds up the 10–15 min knead (speed 4).
- ☐ **Sturdy spoon or spatula** IF NO MIXER
  Brings the dough together before kneading.
- ☐ **Large bowl + damp towel**
  Holds the dough during its 2-hour rise.

BAKE & SHAPE

- ☐ **Sheet pan**
  Holds the shaped mini zopf rolls.
- ☐ **Parchment paper**
  Stops sticking. A Silpat works but browns the bottoms more.
- ☐ **Pastry or clean paint brush**
  Spreads egg wash evenly over the braids.
- ☐ **Wire cooling rack** OPTIONAL
  Keeps the bottom crust crisp while rolls cool.

→ **Turn over:** step-by-step instructions are on the back.

MINI ZOPF BREAD

RVA FAM PLANS

1 FIRST THINGS FIRST

Set out the milk and butter to soften and reach room temperature.

2 PORTION INGREDIENTS

Portion out the flour, sugar, salt, yeast and egg with a kitchen scale or measuring tools.

3 YEAST & DRY INGREDIENTS

ACTIVE DRY YEAST

1. Warm the milk to 100–105°F (38–40°C), lukewarm to touch.
2. In a small bowl or liquid measuring cup, combine the warm milk, sugar and **active dry yeast**. Let it sit **5–10 min** until frothy and bubbly.
3. In your main bowl, whisk together the flour and salt.

OR

INSTANT / RAPID-RISE YEAST

1. Make sure the milk is room temperature or slightly lukewarm.
2. In your main mixing bowl, whisk the flour, salt, sugar and **instant yeast** until thoroughly combined.
3. No blooming step needed.

4 COMBINE & KNEAD

METHOD A: STAND MIXER

1. Pour the milk mixture into the bowl with the flour and salt. Add the softened butter in pieces.
2. Attach the dough hook. Mix on low (speed 2) for **2 min** to bring the dough together.
3. Increase to medium (speed 4) and knead **8–10 min**, until smooth, elastic and pulling cleanly away from the bowl.

OR

METHOD B: BY HAND

1. Pour the milk mixture and softened butter into the center of the flour. Mix with a spoon or hands until shaggy.
2. Turn the dough out onto a clean, lightly floured surface.
3. Knead (press with the heel of your hand, fold, rotate) for **12–15 min** until soft, smooth and elastic.

5 FIRST RISE

Shape the dough into a smooth ball. Place it in a lightly oiled bowl, cover with a damp towel and let it rise in a warm spot for **1½–2 hours**, until doubled in size.

6 SHAPE & SECOND RISE

1. Punch down the dough and divide it into **8 equal pieces** (about 115–120 g each).
2. Divide each piece into 2 and roll out into 10-12" snakes like with play-doh
3. Make an X with the snakes then fold or braid them into whatever shape feels fun (or roll into smooth rounds).
4. Line the sheet pan with parchment and set the rolls on it, 2 inches apart.
5. Cover loosely with a towel and let them rest **20–30 min**.
6. Whisk the egg with a splash of water and brush it generously over each roll.

7 BAKE

FULL-SIZE OVEN Cold start (traditional)

1. Place the tray on the center rack of a **cold** oven.
2. Turn the oven on to **390°F (200°C)**.
3. Bake **25–35 min** as it heats, until deep golden brown and hollow-sounding when tapped underneath.

OR

TOASTER OVEN Preheat first (recommended)

1. Preheat to **375°F (190°C)** on Bake or Convection Bake. Toaster heat is fast and intense.
2. Middle position. If the tops brown before the inside is done, tent with foil at 12–15 min.
3. Bake **20–25 min** total until deep golden brown.

8 COOL

Move the rolls straight to a wire rack if you have one. Let them cool at least **15–20 min** before serving.

WE BAKED IT!

DATE

BAKERS