

Herbed Whole Wheat Pinwheels

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Ingredients

1 tbsp. active dry yeast (1 package)
1/4 cup warm water, 105–115 F
1 tbsp. sugar
1-1/3 cups milk, scalded and cooled to 105–115 F
1/4 cup butter, melted
1/4 cup well packed light or dark brown sugar
1 tsp. salt
1 cup whole wheat flour
2 to 2-1/2 cups bread flour or unbleached all purpose flour
Sesame seeds

Herbed Filling:

3 green onions, chopped
4 tbsp. butter
2 tsp. dill weed

Glaze:

1 egg, beaten with
2 tbsp. milk

Directions

In large mixing bowl, dissolve yeast in warm water; add sugar and let stand 5 minutes until yeast foams. Stir in the milk, butter, brown sugar, salt, and whole wheat flour. Add bread flour gradually to make a stiff dough; turn out onto lightly floured board and knead in remaining flour until dough is smooth and satiny, about 10 minutes. Wash bowl, grease it, add dough to bowl, turn over to grease top, cover, and let rise in warm place until doubled, about 1 1/2 hours.

Meanwhile, prepare filling. Saute green onions in butter over low heat until soft but not browned, about 10 minutes. Punch dough down and, on a lightly oiled surface, roll out a 12 x 16 inch rectangle. Sprinkle evenly with the onion and then with the dill weed. Roll lengthwise jellyroll fashion. Slice into 1 inch pieces and arrange on a lightly greased baking sheet, slightly apart. Let rise until doubled, about 1 hour. Brush with glaze and sprinkle with sesame seeds. Pre-heat oven to 375 F., bake rolls until golden, 15 to 20 minutes. Makes 16 pinwheels.

HERBED SWIRL BREAD: (One 10 inch Bundt loaf.) Prepare Herbed Whole Wheat Pinwheels as directed but cut the slices into 2-inch pieces and place into well greased Bundt pan with cut ends down. Push slices as close together as possible. Cover and let rise until doubled about 1 hour. Brush with glaze and sprinkle with sesame seeds. Preheat oven to 375 F. Bake 30 to 40 minutes or until golden.