

# Onion Rolls

Recipe By *Brynie Greisman*



**Cooking and Prep:**  3  
h 15 m

**Serves:**  12

**Contains:**     

**Preference:** Dairy

**Difficulty:** Medium

**Occasion:** Nine Days

**Diet:** Vegetarian

**Source:** Family Table by

Mishpacha Magazine

These fragrant, onion-studded rolls are delightful as is or filled with tuna fish or cream cheese, and make a flavorful accompaniment to soups and stews.

## Ingredients (10)

### Main ingredients

- 3/4 cup milk
- 1 medium onion, finely chopped
- 1/4 cup sugar
- 3 tablespoons butter
- 1 and 1/2 teaspoons salt

- 2 and 1/4 teaspoons **Gefen Dry Yeast**
  - 1/2 cup warm water
  - 4–5 cups white flour or **Shibolim Whole Wheat Flour**
  - 1 egg, lightly beaten (for glaze)
  - sesame/poppy seeds, for topping (*optional*)
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## Start Cooking

### For the Rolls

Yields 12 rolls.

1. In a small pot, combine the milk, three quarters of the onion, sugar, butter, and salt. Bring to a simmer over a medium flame and cook for five minutes. Remove from the flame and cool to very warm.
2. In a large bowl, dissolve the yeast in warm water. Let this stand until it is foamy, 5–10 minutes. Add the cooled milk mixture to the yeast mixture. Mix well.
3. Stir in the flour, half a cup at a time, until a soft dough forms. Continue kneading until the dough is smooth and elastic, approximately minutes, adding more flour only if necessary.
4. Place the dough in a large oiled bowl, turning to coat all of the dough with oil. Cover the dough loosely with a damp towel and let it rise in a warm place until doubled, about 1 hour.
5. Grease a 9x13-inch pan or line it with Gefen Easy Baking Parchment Paper. Punch down the dough and roll it into a fat rope. Cut the rope into 12 equal pieces. Roll each piece into a ball and flatten slightly.
6. Place the rolls, two inches (five centimeters) apart, in the pan. Cover loosely with a damp cloth and let it rise until doubled, 30–45 minutes. Preheat the oven to 350°F (180C).
7. Brush the rolls with the egg glaze. Sprinkle the tops with the remaining onion (pressing in slightly so that the onion doesn't fall off) and seeds. Bake for 25–30 minutes until golden.

#### Note:

I always make the rolls this way (milchig) and my family cannot get enough of them, so I usually double or triple the recipe. They freeze beautifully.

**Tip:**

To cut down on fat, I use low-fat milk and light butter. You can't tell the difference. Once I was able to get only light butter flavored with dill and garlic. That was delicious as well.

**Variation:**

I was determined to find a way to make these rolls healthier, pareve, and lo-fat, and I did! The rolls came out just as scrumptious. These are the changes: Instead of milk, use soy milk, and instead of butter, use oil. For a double recipe (I used these for the photo), I used 3 tablespoons oil, heated together with the soy milk, and added 3 tablespoons unsweetened applesauce to the dough mixture before kneading. I also used half 70% whole wheat flour and half 100% whole wheat flour. You might want to cut down on the sugar just a tad if the soy milk is slightly sweet.