



## SESAME SWIRL RYE ROLLS WITH ORANGE AND CRANBERRIES



PREP TIME: 3 HOURS

### INGREDIENTS:

- 2-3 Tbsp + 1/2 cup honey
- 200ml warm water
- 2 tsp active dry yeast
- 150g rye flour
- 150g bread flour
- 1 tsp salt
- 1/2 cup roasted black sesame seeds
- zest of 1 orange
- 3/4 cup chopped dried cranberries

### METHOD:

1. Preheat oven to 375°F. Mix together 2-3 Tbsp honey and water until dissolved, then add yeast and let sit until foamy.
2. Combine flours and salt, then add yeast mixture and knead in stand mixer for 5-8 minutes.
3. Knead by hand for another 10 minutes until dough is elastic, then leave to rest in a covered, greased bowl for an hour until doubled in size.
4. While dough is resting, process the remaining honey and black sesame seeds in a food processor until smooth, adding water if needed to turn into a spreadable paste.
5. Turn the dough out and knead in the cranberries and orange zest. Once incorporated, roll dough into a flat circle and spread the sesame paste onto the dough. roll and knead together lightly, so the sesame paste stays in a swirl.
6. Divide into 6 balls, then allow to prove in a covered baking pan for another hour.
7. Remove cover and score the top of each roll. Bake for approx. 20 minutes