Air Fryer Pull-Apart Rolls

Description

Air Fryer Pull-Apart Rolls â?? These pull-apart rolls are so delicious and versatile. You can serve them with some butter or jam if you want a quick snack, but theyâ??re also perfect for sandwiches! I like to use these as slider buns because theyâ??re just the right size for mini burgers.

Ingredients

- ☐ 3 cups all-purpose flour
- ☐ 2 1/4 teaspoon active dry yeast
- ☐ 2/3 cup lukewarm water
- ☐ 2 tablespoons olive oil & more for greasing
- ☐ 1 1/2 teaspoon salt
- ☐ 1/2 tablespoon granulated sugar

- **Instructions**

  - In a small bowl, combine yeast and sugar and stir. Add some of the water and stir again until dissolved. Set aside for 5 minutes.
  - Place the flour in a large mixing bowl. Add salt, olive oil, and the yeast mixture. Start mixing with a wooden spoon and gradually add the rest of the water. Make a not very soft dough. If necessary, use your hands to knead it shortly.
  - Leave the dough in the bowl. Cover the bowl with baking paper and wrap it with two tea towels. Please place it in a warm place for about 2 hours until the dough doubles its size.
  - Alternatively, use a stand mixer to make the dough.
  - After the dough proofs, divide it into 8 pieces. Knead each one shortly in your hand. Roll it into a ball and grease it lightly.
    - Arrange all the balls into the Air Fryer basket, lined with parchment paper. Make sure the edges of the parchment paper donâ??t go above the sides of the basket!
    - Depending on your Air Fryer model, bake the rolls for about 25 minutes, at 320 degrees F, air fryer setting. Check them in the 20th minute. If the bottom is still too

white, invert them and bake for another 5-7 minutes.
- Brush with melted butter (optional) before serving.

Equipment

- Air Fryer

Nutrition

Serving: 1gCalories: 215kcalCarbohydrates: 38gProtein: 6gFat: 4gSaturated Fat: 1g Polyunsaturated Fat: 1gMonounsaturated Fat: 3gSodium: 440mgPotassium: 83mgFiber: 2g Sugar: 1gVitamin C: 0.01mgCalcium: 9mgIron: 2mg

Category

1. Air Fryer Recipes

Date Created
26/12/2024
Author
rauf