



MINI ZOPF BREAD

Soft white rolls: ingredients, swaps, gear and steps

 MAKES 8 rolls	 RISE 1½–2 hrs + 30 min
 BAKE 25–35 min at 390°F	 AGES 3–56–89–10

⚠️ CONTAINS Milk • Egg • Wheat

1 INGREDIENTS & SWAPS

GEAR >

STEPS >

- ☐ **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.

MINI ZOPF BREAD

2 GATHER YOUR GEAR

< INGREDIENTS

STEPS >

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.

MINI ZOPF BREAD

1 FIRST THINGS FIRST

< INGREDIENTS

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.

MINI ZOPF BREAD

4 COMBINE & KNEAD

< INGREDIENTS

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.

MINI ZOPF BREAD

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.

MINI ZOPF BREAD



DATE

BAKERS

MAKE YOUR STICKER ›

Share it to your Story and tag @rvaFamPlans.