

Homemade Hoagie Rolls

February 28th, 2022

This recipe serves: 6

Prep Time: 02:00

Cook Time: 00:30

Whether you call them Hoagies, Grinders, Po Boys, or Submarine Sandwiches, a good sandwich starts with the bread. This from-scratch Hoagie Roll is easy to make, and provides a flavorful freshness that will vastly improve your Hoagie. This dough recipe produces an extremely wet "slack dough", with an 80% hydration level, where the dough is too wet to hold a shape. In order to form the dough into the classic hoagie roll shape, it is best to press each roll into a roll shaped bread pan before the last rise. The bulk of the "Prep" time is spent waiting for the bread to rise.

Ingredients:

Dry Ingredients

2.75 Cups (12.3 Ounces/350 Grams) of Bread Flour

1.5 Teaspoons Sugar

1.5 Teaspoons Yeast (Active Dry)

1 Teaspoon Table Salt

Wet Ingredients

10 Ounces Warm Water (105° to 115° F)

1 Tablespoon Olive Oil

Egg Wash

1 Egg

1 Tablespoon Water

3/4 Teaspoon Sesame Seeds

Additional Olive Oil, as needed

Directions:

In the mixer bowl, add the Flour, Sugar, Yeast, and the Salt.

Mix the dry ingredients.

Heat the Water to between 105° to 115° F.

Whisk the Olive Oil into the Water and then add into the mixer bowl.

Mix the Wet and Dry Ingredients until fully integrated. Use a spatula, if necessary.

Use a dough hook and run the mixer on medium speed for 6 minutes.

You should end up with a very sticky glob of "slack dough" that is too wet to hold a shape.

Turn out the dough into a well-oiled bowl, carefully coating the Dough Ball on all sides with Oil.

Cover the bowl with a Tea Towel and let the Dough rise in a warm place for 1 hour, or 90 minutes if you used room temperature water.

Line a large baking sheetpan with parchment paper, or line 6 mini-bread pans with parchment paper (unless the pans have a non-stick surface).

The Dough will be quite sticky, but do not add any additional flour. Instead, add a few drops of Olive Oil to your fingers so that the Dough doesn't stick.

Separate the Dough into 6 equal Dough Balls. Each one should weigh about 104 grams.

Shape and roll the Dough into a small loaf, about 5" or 6" long and about 2" wide.

Repeat with the remaining Dough, until you have a total of 6 small loaves.

It will likely be necessary to add a few more drops of Olive Oil to your fingers for each roll.

Place each loaf into the mini-bread pans.

Ensure that the Loaves are placed seam-side down.

Use a bread lame or a sharp knife to cut 3 diagonal slices or a long slice across the top of each Loaf.

Each cut should be about 1/8" to 1/4" deep.

Cover with the Tea Towel and rest the Loaves for 30 more minutes.

After 30 minutes, **preheat the oven to 400° F.**

Use a brush to apply a thin egg wash to the top of each Loaf and then sprinkle each top with Sea Salt or with Sesame Seeds.

Place the pan(s) in the oven and **bake the Loaves for 20 minutes.**

Each Loaf should register an internal temperature of 190° F.

Remove the Loaves from the oven and cool on a bread rack for about 10 minutes.

Slice in half to open the Hoagie Rolls and stuff with your favorite Hoagie fixins.