

Milk rolls recipe

CHAT-0243 / REV EXPORT-03 / 2025.11.26

A conversation-specific public summary of milk rolls recipe, distilled from the supplied export. The detailed excerpts remain available in the released note file.

STATUS	RECOVERED / SPECIFIC NOTE
CLASSIFICATION	DAT
MATERIAL	CHAT EXPORT / FOOD & RECIPES
DISPOSITION	PUBLIC CONVERSATION EXCERPTS / REDACTED
CATEGORY	Food & Recipes
RECORD TYPE	recipe-thread

TECHNICAL NOTES

Conversation-specific knowledge extracted from the milk rolls recipe discussion.

A RECIPE TO MAKE / ADDED TO THIS RECORD

Twelve soft milk rolls using the recorded milk, egg and butter formula.

Added 2026-09-15. Separate from the original notes; not a claim of a tested batch.

SOFT MILK ROLLS

Adapted from CHAT-0243's measured twelve-roll formula; kneading, proofing and baking method are newly supplied.

YIELD	12 rolls in a 9 × 13-inch pan
PREP / WAIT	25 minutes active, plus 90-135 minutes rising
COOK	20-25 minutes

RECIPE INGREDIENTS

- 440 g bread flour or all-purpose flour (about 3 1/2 cups), plus up to 20 g only if needed
- 240 ml warm milk at 105-110°F (1 cup)
- 7 g active dry yeast (2 1/4 tsp)
- 50 g sugar (1/4 cup)

- 6 g fine salt (1 tsp)
- 1 large egg
- 55 g unsalted butter, softened (4 tbsp)
- 1 tsp neutral oil or softened butter for bowl and pan
- 1 tbsp melted butter for brushing after baking
- 1 egg beaten with 1 tbsp milk (optional wash)

RECIPE METHOD

1. Stir warm milk, yeast and a spoonful of the measured sugar in a mixing bowl. Rest 5-10 minutes until foamy.
2. Add remaining sugar, egg, flour and salt. Mix to a rough dough. Knead with a dough hook on low for 4 minutes, then add softened butter in pieces and knead 5-7 minutes more until smooth and elastic.
3. The dough should be soft and a little tacky. Add the optional extra flour a teaspoon at a time only if it remains puddled rather than forming a dough.
4. Cover in a lightly greased bowl and rise 60-90 minutes, until doubled. Grease a 9 × 13-inch baking pan.
5. Divide into 12 equal pieces, about 70 g each, and round into tight balls. Arrange evenly in the pan, cover and proof 30-45 minutes, until puffy and nearly touching. Heat oven to 350°F.
6. Brush gently with optional egg wash. Bake 20-25 minutes, until golden and a center roll reaches about 190°F without wet dough inside. Tent with foil if browning too quickly.
7. Brush with the 1 tbsp melted butter. Cool 10 minutes in the pan, then transfer to a rack.

RECIPE NOTES & STORAGE

- The CHAT-0243 milk, egg and butter formula is distinct from FOOD-001's water-based sandwich loaf; it is retained rather than replaced.
- Cool completely before bagging. Keep airtight at room temperature 2-3 days for best quality or freeze up to 3 months.
- The method completes a truncated excerpt and has not been kitchen-tested.

RECIPE BASIS & REFERENCES

CHAT-0243 source record

<https://u225x.com/record/CHAT-0243>

ORIGINAL RECORD / RETAINED NOTES

CONVERSATION / QUESTION AND CONTEXT

Give me a recipe for milk rolls

CONVERSATION / EXTRACTED GUIDANCE

1. --
 2. 3 ½ cups (440g) bread flour (or all-purpose flour)
 3. 1 cup (240ml) warm milk (about 110°F / 43°C)
 4. 2 ¼ tsp (1 packet / 7g) active dry yeast
 5. ¼ cup (50g) sugar
 6. 1 tsp salt
 7. 1 large egg
 8. 4 tbsp (55g) unsalted butter - softened
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SPECIFICATION

SOURCE	Supplied ChatGPT export
CATEGORY	Food & Recipes
CONVERSATION	1 user turns / 1 assistant turns
ATTACHMENTS	1 references detected
PUBLIC DETAIL	Extracted knowledge + excerpts

DEVELOPMENT HISTORY

2025.11.26 / EXPORT-04

Matched to the supplied export; key guidance is surfaced separately and the raw transcript remains unpublished.

RELEASED MATERIAL / SOURCE LINKS

CHAT-0243-public-note.txt

PUBLIC-SAFE CONVERSATION NOTE / UNIQUE FILE

<https://u225x.com/downloads/chat-records/CHAT-0243-public-note.txt>

RETURN TO THE LIVING RECORD

Milk rolls recipe

This PDF preserves the public notes at this revision. Visit the record for updates and attached images.

<https://u225x.com/record/CHAT-0243>