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## EC55-906 Let Others Help you with Oven-Ready Biscuits and Rolls

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June 1955

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## Let Others Help You



# with Oven-Ready Biscuits and Rolls

EXTENSION SERVICE  
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE  
AND U.S. DEPARTMENT OF AGRICULTURE  
COOPERATING  
W. V. LAMBERT, DIRECTOR



## Let Others Help You With Oven-Ready Biscuits and Rolls

The miracle of the modern market is available for most everyone----vegetables, fresh, frozen or canned; potatoes, ready for heating; meats, but minutes from serving; mixes for cakes, pastry, cookies, puddings. Grandmother did not have the easy time of preparing the three-meals a day that our modern housewife does. She may make a trip to the supermarket and come back home with complete meals to be prepared and served in a "jiffy". Formerly, these goods were to be had only as a result of long hours of toil in the kitchen.

Can families today best make homemade baked products or are baked goods best purchased from the commercial producer either partially or entirely prepared? Is it cheaper for families to use the entirely homemade breads? Are home produced products of higher quality than commercially produced ones? Grandmother was not faced with these questions as she did not have a choice. Today, the homemaker does have the decision to make. She has the luxury of alternatives: home-prepared, partially home-prepared, and ready-to-serve.

A homemaker's foremost concern is family welfare and her choice as to the use of her money, time and energy is based on this concept. For families with limited money income, the families' interest may be best advanced with the lower cost homemade products. For busy or part-time homemakers who want to spend more time with their families it may be best to purchase the baked products either ready-to-eat or in final stages of preparation. For some, the opportunity of preparing baked foods is a way of expressing the creative urge. Some homemakers like to find activities like home baking which can be translated into terms of dollars and cents as it brings savings to the family.

Let's look at some of the pertinent questions a homemaker faces in the problem of making or buying biscuits and rolls:

- (1) Are resources available to the person for this household activity?  
Does she have time, knowledge, skills?
- (2) Is there a satisfactory alternative available to homemaker?
- (3) Do other activities mean greater "dollar and cents" savings for the family?  
She may prefer to do home sewing, gardening, or other activity.
- (4) Is "fun with family" of greater value than money or quality considerations?
- (5) Is variety of product best gained with homemade or commercial product?

### Families Like Commercial Products

Today, as a result of research, consumers can choose from a vast number of partially or entirely prepared products. These are high-quality, moderate in cost, readily available and easily stored.

### For Variety With Commercial Products

A homemade product may be formed in most any shape desired and have any of a number of special additions to the basic product to give variety to the family table. However, with the commercial products it may take a little ingenuity to offer more interesting products.



### BROWN 'N' SERVE ROLLS:

Bakers' brown 'n' serve rolls come completely "raised", and almost completely baked. Lovely golden crust appears with the last-minute baking the homemaker gives them. For something completely different, prepare them these ways: Recipes follow:

#### Stickies 1/:

In bottom of 9 x 5 x 2 1/2 inch loaf pan, spread one of the mixtures below. Place 8 brown 'n' serve rolls topside down on mixture. Bake at 400° for 25 minutes. Let stand one minute; invert pan; remove rolls.

#### Nut Stickies:

- 3 tablespoons melted butter
- 1/3 cup brown sugar, packed
- 3 tablespoons chopped walnuts or pecans

#### Caramel-Orange Stickies:

- 1/4 cup granulated sugar
- 1 teaspoon grated orange rind
- 1/4 teaspoon mace
- 1 1/2 tablespoon orange juice
- 1 tablespoon melted margarine

#### Walnut-Orange Rolls: 2/

Melt 2 tablespoons butter in 8-inch round cake pan; sprinkle with 1/3 cup chopped walnuts. Spoon 1/2 cup orange marmalade evenly over walnuts. Place one roll top side down in center of pan. Break remaining rolls and arrange upside down around center roll. Bake at 350° about 25 minutes. Cool in pan a few minutes and turn out on warm serving plate.

#### Wedge Rolls: 1/

Cut wedge from top of each brown 'n' serve soft roll. Brush rolls with melted butter. Insert one of these listed below. Bake at 400° for 12 minutes.

- (1) Cranberry or other jelly, sprinkled with brown sugar.
- (2) Honey and walnut half.
- (3) Orange section, sprinkled with sugar and cinnamon
- (4) Grated Parmesan cheese, mixed with mayonnaise and garlic salt.
- (5) Cream cheese, mixed with garlic salt and horse-radish.
- (6) Celery, garlic or smoky salt
- (7) Cheese (strip, spread or grated)
- (8) Soft chive cream cheese
- (9) Canned crushed pineapple or peach slice, sprinkled with cinnamon and sugar.
- (10) Pitted cooked prunes, nutmeg.

1/ Courtesy "Good Housekeeping" Magazine.

2/ Courtesy "Diamond Walnut, Branded".



### Glaze-Topped Rolls: 1/

In each greased muffin cup, place one of the mixtures below. Arrange brown 'n' serve soft rolls, upside down, in cups. Bake at 400° 15 min. Let stand 1 min.; invert pan; remove. Serve at once.

Coconut: Mix 2 teaspoons brown sugar, 1 teaspoon shredded coconut, 1 teasp. melted butter, 1/2 teaspoon water.

Butterscotch: Boil 1/4 cup margarine with 1/2 cup brown sugar and 1 tablespoon water 8-10 minutes. Place tablespoonful of this syrup in each greased muffin cup. Sprinkle with chopped nuts.

Orange: Mix 1/4 teaspoon orange juice and pinch grated orange rind. (When rolls are baked, drizzle tops with icing made by mixing 1/2 cup confectioners' sugar with about 1 tablespoon orange juice.)

### Herb Bottoms: 1/

This is most intriguing! Add bit dried thyme or rosemary to melted butter. Brush on bottom and sides of rolls. Place in muffin cups. Bake.

### Savory Toppers: 1/

For dipped-in flavor, try these. Brush brown 'n' serve rolls with melted butter. Top with one of these. Or top some with one, the rest with another. Bake 400° 10-12 minutes.

- (1) Honey, chopped nuts, snipped raisins
- (2) Caraway, poppy or celery seeds
- (3) Celery, onion, smoky or garlic salt
- (4) Cube of tangy cheese, then paprika
- (5) Cinnamon-sugar
- (6) Pinch paprika or nutmeg
- (7) Brown sugar, then cube of canned jellied cranberry sauce
- (8) Cinnamon-sugar and chopped nuts
- (9) Honey and spice
- (10) Brown sugar and chopped nuts

### BAKE 'N' EAT BISCUITS:

Light, fluffy biscuits come mixed, rolled and cut, all ready for the oven. These should be stored in the refrigerator, never on pantry shelf or in freezer. Try these tasty treats with them.

### Honey-Nut Coffee Cake: 3/

Place 2 tablespoons butter, 1/4 cup honey and 1/4 cup chopped nuts in an 8-inch pie pan; set in oven until butter melts. Arrange refrigerated biscuits (1 package) on top --- one in center, others around it. Bake in oven at 425° 12-15 minutes. Invert 1 minute before removing the pan.

1/ Courtesy "Good Housekeeping" Magazine.

3/ Courtesy "Better Homes and Gardens" Magazine, April 1954, page 107



Cinnamon Twisties: 3/

Roll biscuits to 7-inch lengths; dip in melted butter, then in a sugar-cinnamon mixture. Fold each strip in half. Seal ends, twist, place on greased baking sheet. Sprinkle with chopped nuts. Bake in hot oven (425°) about 10 minutes.

Pigs in Blankets: 3/

Pat biscuit out lengthwise until you can wrap it around a wiener or Vienna sausage. Fasten biscuit on with a toothpick or seal edges with fingers. Bake in hot (425°) oven 12 to 15 minutes. Serve.

Busy-Day Bismarks: 3/

Flatten biscuits into rectangles 3 x 4 inches. Spread center with jelly. Fold in half lengthwise, pinch the edge shut. Fry them in deep, hot fat (375°) about 2 minutes, or until golden brown. Drain on paper towels. Sprinkle with confectioners' sugar.

Speedy Donuts: 3/

Punch hole in each biscuit. Stretch to doughnut shape. Fry them in deep hot fat (375°) about 2 minutes. Then drain. Shake in paper bag with sugar-cinnamon mixture.

Rosy-Pear Cobbler: 3/

Drain a 1-pound can of pear halves, reserving syrup. Combine 1/2 cup pear syrup with 1/4 cup red cinnamon candies, 1/4 teaspoon allspice, 1/4 teaspoon cloves and a dash of salt in saucepan. Bring to a boil and cook 5 minutes. Remove from heat. Add 3 tablespoons butter and 1 tablespoon lemon juice; blend well. Cut pears in quarters or leave as halves. Place pears in greased 8 x 8 x 2 inch pan or shallow baking dish. Cut refrigerated biscuits in half to make semi-circles or leave whole. Arrange on top of pears. Pour the spicy syrup over biscuits. Bake in hot oven (425°) 15-20 minutes. Serve warm. Makes 4-6 servings.

Pineapple Turnover Biscuits: 3/

Combine 1/2 cup crushed pineapple, drained, 1/4 cup brown sugar, 2 tablespoons butter, melted, and 1/2 teaspoon cinnamon. Divide into 10 muffin cups and center with walnut halves. Add 1 teaspoon pineapple syrup to each cup and top with refrigerated biscuit. Bake in hot oven (425°) 12-15 minutes. Invert pan immediately on serving plate. Cool 1 minute before removing pan.

Thumbprint Biscuits: 1/

To make these filled goodies, with thumb make hollow in center of each refrigerated pan-ready biscuit. Fill with one of the mixtures below. Bake at 425° for 10 minutes.

- (1) Jam. Fill with red jam or jelly; if desired, brush with 1 tablespoon sugar mixed with 2 tablespoons light cream.
- (2) Cheese. Fill with cube of cheese.
- (3) Orange. Dip small cube of sugar into undiluted frozen orange juice; set in hollow.

1/ Courtesy "Good Housekeeping" Magazine.

3/ Courtesy "Better Homes and Gardens" Magazine, April 1954, pages 107, 109, 113 & 116.



# Which Are Better? Commercial or Homemade

To see which are the better buys for the homemakers, let us study each product individually as follows:

## YEAST ROLLS

Comparison of quality: Compare the homemade vs. the brown 'n' serve rolls ---  
--- which rates the highest on the following characteristics:

Qualities	:	Commercial	:	Homemade
Grain: fine, cell wall thin, texture uniform	:		:	
Crumb: elastic and thoroughly baked, does not form gummy ball between fingers	:		:	
Crust: rounded and free from roughness	:		:	

## Comparison of price:

### Sweet Yeast Dough 4/

Ingredients		Cost
1 1/2 cups milk	(4 cups in 1 quart milk)	
2 cakes or pkg. yeast in 1/2 cup water		
1/2 cup sugar	(2 cups per pound, 5 pounds @ _____ ÷ 10 = _____ per cup)	
2 teaspoons salt		.01
1/4 cup shortening	(2 cups per pound, 3 pounds @ _____ ÷ 6 = _____ per cup)	
2 eggs		
7-7 1/2 cups flour	(4 cups per pound, 5 pounds @ _____ ÷ 20 = _____ per cup)	
Total for 3 dozen rolls....		
Time for preparation.....		min.
Price for 8 Brown 'n' Serve Rolls.....		

Formula for Figuring Value of Homemaker's Time When Making Yeast Rolls

- (1) Multiply cost of 8 Brown 'n' Serve rolls by 4.5.....
  - (2) Cost of 3 doz. homemade rolls.....
  - (3) Subtract cost of homemades from Brown 'n' Serve Rolls.....
  - (4) Divide minutes spent on homemades into 60.....
  - (5) Multiply Answer 3 by Answer 4.....
- Earnings per hour

Make Your Own Brown and Serve Rolls 4/

Use sweet dough and desired shape. Let rise and bake in a slow oven (275°F.) for 30 minutes instead of the usual high temperature. The rolls should be completely baked inside but white instead of brown on the outside. When ready to serve, brush the tops with melted butter and margarine, and bake in very hot oven (450°F.)

BISCUITS

Comparison of quality: Compare the commercial with the homemade biscuits. Which rates the highest in the following considerations?

Qualities	Commercial	Homemade
Texture: sheets when broken		
Crust: smooth, tender, golden brown		
Volume: high with vertical sides		

Comparison of price:

Baking Powder Biscuits 5/

Ingredients	Cost
2 cups sifted flour (4 cups per pound, 5 pounds @ $\div 20 =$ per cup)	
3 teaspoons double acting or 4 teaspoons single acting baking powder	.01
1/4 cup shortening (2 cups per pound, 3 pounds @ $\div 6 =$ per cup)	
3/4 cup milk (approximately) (4 cups = 1 quart)	
1 teaspoon salt	.01
Total cost for 14 biscuits...	
Time for preparation.... min.	
Price for 10 Bake 'n' Eat Biscuits.....	

4/ Extension Circular 9992, University of Nebraska

5/ Extension Circular 9991, University of Nebraska



Formula For Figuring Value of Homemaker's Time When Making Biscuits

- (1) Multiply cost of commercial biscuits by 1.4 .....
- (2) Cost of 14 homemade biscuits.....
- (3) Subtract cost of homemades from commercial biscuits.....
- (4) Divide minutes spent on homemades into 60 .....
- (5) Multiply Answer 3 by Answer 4 .....

Earnings per hour

Choose Activities on Basis of Time Value

In choosing which you could best spend your time on, look at the "earnings per hour" for each of the products (homemade rolls, homemade biscuits, etc.) Where the earnings per hour are the highest, your time had best be spent. Try this for a number of products which have the commercially-produced alternate product. If you are short of time and energy, do only those products which pay off in the higher earnings per hour for the homemaker. Put your kitchen on a business-like basis. Be your own cost-accountant and spend your energies and time where the gains are best.

Report on "Making vs. Buying" Complete Meals

In a study of feeding a family of four a day's meals purchased in three forms (1) with as little advance preparation as the market affords, (2) with foods partially prepared, and (3) with foods ready to serve, the following results were found. This test was conducted in Washington, D. C., July 1953.

Money and Time Costs of Meals for One Day 6/

	<u>Money Cost</u>	<u>Time Cost</u>
	<u>Total</u>	<u>Total</u>
Home prepared .....	\$ 4.90	5.5 hours
Partially prepared.....	5.80	3.1
Ready-to-Serve .....	6.70	1.6

The meals using ready-to-serve foods cost over a third more but took only about a quarter as much of the homemaker's time as did meals for which more preparation was done in the home kitchen. Meals emphasizing use of partially prepared foods were a sixth higher in cost and about half as time-consuming as home-prepared meals.

Homemakers today find themselves with many demands on their time and energies. For example, they may be wholly responsible for the care of small children, the laundry, cleaning of the house, community activities, and so forth besides the food aspects of family living. Thus, it is impossible to regularly prepare all of the food from the raw material stage without neglecting other activities more important to her family. One with more time at her disposal might find attractive the savings in dollars and cents resulting from increasing the amount of home preparation.

It will pay each homemaker to consider carefully her choices as represented by the "making vs. buying" aspects in this discussion of "brown 'n' serve" rolls and "bake 'n' eat" biscuits.

6/ Weiss, Gertrude, "Time and Money Costs of Meals Using Home and Prekitchen Prepared Foods", Journal of Home Economics, February 1954.

(Prepared by Mrs. Lois O. Schwab, homemaker, former Instructor of Home Economics)