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EC64-935 Yeast Rolls

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Yeast Rolls



Extension Service
University of Nebraska College of Agriculture and Home Economics
and U. S. Department of Agriculture Cooperating
E. F. Frolik, Dean E. W. Janike, Director

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Yeast Rolls

Ethel Diedrichsen, Extension Nutritionist

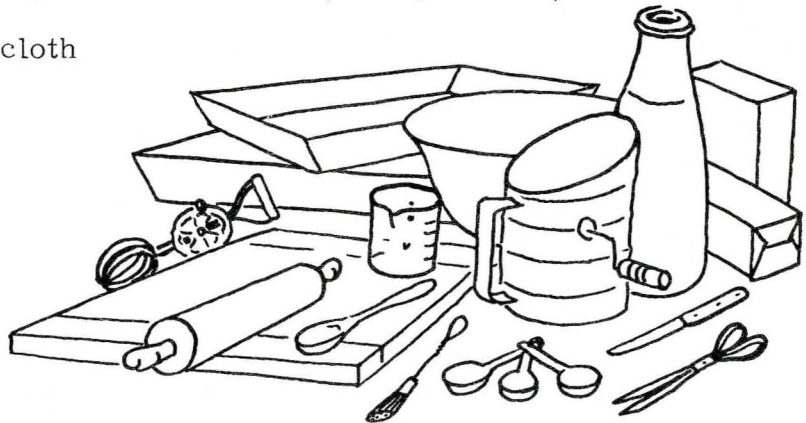
Handling yeast dough is fun. There is much satisfaction in molding the dough and watching it rise. You and your family will enjoy the delicious flavor and delicate texture associated with homemade rolls.

The process of making rolls is similar to that of making bread. Less kneading is required because the gluten in rolls does not have to be developed so much in order to support the structure of the roll. As a rule, the dough is much softer and sweeter than that for bread. With a variety of ingredients and shapes, you can make tempting rolls for any occasion.

EQUIPMENT

You will need the following:

- Standard measuring cups (use glass for liquids)
- Standard measuring spoons
- Large earthenware bowl (this holds a steady temperature)
- Large mixing spoon
- Bread board or pastry cloth
- Rolling pin
- Sharp knife
- Pans and baking sheets
- Rack for cooling
- Dairy thermometer
- Pair of scissors
- Rubber spatula
- Egg beater
- Pastry brush



INGREDIENTS

The principal ingredients are flour, liquid, yeast, and salt. Usually shortening and sugar are also added.

Flour. Wheat flour is the best flour for baking. When it is mixed with water and stirred or kneaded, gluten is formed. This makes the dough elastic and able to expand and hold the gas bubbles given off as the yeast ferments. All-purpose enriched flour is commonly used.

Liquid. Water or milk is used for liquid. Milk adds food value and flavor and gives a velvety crumb. Either buttermilk or fresh, evaporated, or dry milk may be used. Fresh milk and buttermilk must be scalded to stop bacterial and enzyme action and then cooled to 85° F. before using to prevent killing the yeast. Hard rolls are made with water. Fruit and vegetable juices are sometimes used for novelty breads.

Yeast. Yeast is the tiny plant which makes the finished rolls light and porous, sweet-tasting and digestible. It must have air, moisture, food, and a favorable temperature to develop. Yeast is killed when it becomes too hot and its growth is inhibited when it becomes too cold. A warm place (80° to 85° F.) away from drafts is ideal for the rising of dough.

Either compressed or active dry yeast may be used. Compressed yeast is creamy in color, slightly moist, and breaks with a clean edge. It is perishable but can be stored in the refrigerator for several days. Active dry yeast stays fresh for weeks on the pantry shelf or cupboard, and longer in a cool place. One package is equivalent in action to one cake of compressed yeast.

Salt. Salt is added for flavor. It helps to control fermentation but too much will retard the growth of the yeast.

Sugar. A small amount of sugar added to the dough helps to make it rise. Sugar adds a desirable flavor, and gives a golden brown color to the crust. Brown sugar, honey, molasses, or corn sirup may also be used in rolls or novelty breads with satisfactory results.

Shortening. Shortening permits the dough to expand easily. It develops a crisp attractive crust, produces a tender crumb, and adds food value and keeping qualities to the baked product.

Eggs. Eggs are often added to sweet rolls and coffee cakes for extra flavor, tenderness, and food value. They aid in browning, improve keeping qualities, and give a more velvety open texture.

Miscellaneous. Dried or candied fruits, nuts, cheese and peanut butter, and caraway, cardamon, sesame, or poppy seeds are sometimes added for a different flavor or texture.

MIXING

All doughs follow the same general order of mixing. The milk is scalded, sugar, salt, and shortening added, and the mixture cooled to lukewarm (80° to 85° F.). Compressed yeast is softened or dry yeast soaked without stirring from 5 to 10 minutes in a little lukewarm water. The yeast mixture is combined with the lukewarm milk mixture and beaten eggs are added if desired. Then half the flour is added and the mixture beaten until smooth. The remaining flour is worked in and the dough is kneaded until it is smooth and satiny in appearance. The kneading is done by folding the dough toward you and pressing down away from you with the heel of the hand. Give the dough a quarter turn, and repeat until the dough is smooth, elastic and does not stick to the board.

BAKING

Sweet rolls are baked in a lightly greased pan or baking sheet at 400° to 425° F. for 12 to 20 minutes depending upon the size.

Fancier rolls and breads are baked at a slightly lower temperature (300° to 375° F.) for 25 to 30 minutes.

CARE AFTER BAKING

To preserve the crisp crust, rolls are removed from the pans as soon as they come from the oven. Brushing the tops with fat helps keep them moist. Most rolls are served hot, while coffee cakes and fancy breads are usually cooled before serving. When thoroughly cooled, rolls may be stored in bread boxes or large crocks. Wrapping in wax paper helps preserve the delicious quality for the longest possible time.

SWEET YEAST DOUGHS

Straight-dough Method

Basic Sweet Dough

1 1/2 cups milk
2 cakes or 2 packages yeast in
1/2 cup water
1/2 cup sugar
2 teaspoons salt
1/4 cup shortening
2 eggs
6 to 6 1/2 cups flour

Richer Sweet Dough

1 cup milk
2 cakes or 2 packages yeast in
1/4 cup water
1/2 cup sugar
1 teaspoon salt
1/2 cup shortening
2 eggs
4 1/2 to 5 cups flour

The straight-dough method is the one most often used for making fine-textured rolls and coffee cakes. Sometimes the recipe calls for a high proportion of yeast to speed the rising process. Steps in the straight-dough method follow.

Scald the milk: add sugar, salt and shortening and cool the mixture to about 83° F.

Soak the yeast in lukewarm water for 5 to 10 minutes and combine with the milk mixture.

Add beaten eggs and one-half of the flour. Beat until smooth.

Add the remainder of flour and knead on lightly floured board.

Place in greased bowl; brush top with melted shortening; cover with a clean towel.

Let rise in warm place until doubled in bulk (about 1 1/2 hours).

Punch down, form into desired shapes and bake according to directions.

Refrigerator Method

A rich, sweet dough with a high proportion of yeast can be successfully kept in the refrigerator for a few days.

3/4 cup milk	1 tablespoon salt
2 cakes or 2 packages yeast in 1/2 cup water	5 tablespoons shortening
6 tablespoons sugar	1 egg
	5 1/2 cups flour

Scald the milk; add sugar, salt and shortening and cool the mixture to about 83° F.

Soak the yeast in lukewarm water for 5 to 10 minutes and combine with the milk mixture.

Add the beaten egg and one-half of the flour. Beat until smooth.

Add the remainder of flour and knead on lightly floured board.

Place in greased bowl; brush top with melted shortening; cover well.

Store in refrigerator up to 4 days, using when desired.

When the dough is to be baked, punch down and cut off the needed amount, form into desired shapes and bake according to directions.

"No-Knead" Method

"No-knead" doughs are soft enough to be thoroughly mixed by stirring. Because the dough is soft some people find it easier to handle after refrigeration. "No-knead" products tend to be slightly open-grained.

Made with Milk

1 cup milk
1 cake or 1 package yeast in
1/4 cup water
2 tablespoons sugar
1 teaspoon salt
1/4 cup shortening
1 egg
3 1/2 cups flour

Made with Sour Cream

1 cup sour cream, scalded
1 cake or 1 package yeast
in 1/4 cup water
3 tablespoons sugar
1/8 teaspoon soda
1 teaspoon salt
2 tablespoons shortening
1 egg
3 cups flour

Scald the milk or cream; add sugar, (soda), salt and shortening and cool the mixture to about 83° F.

Soak the yeast in lukewarm water for 5 to 10 minutes and combine with the lukewarm milk mixture.

Add the beaten egg and flour and beat until smooth.

Place dough in greased bowl; brush top with melted shortening and cover with a clean towel.

Let stand for 10 minutes or store in the refrigerator for two hours.

Form into desired shapes and bake according to directions.

SHAPING TECHNIQUES

Sweet yeast doughs lend themselves to a number of interesting shapes and variations. After shaping, let rise until doubled in bulk. Bake on a lightly greased pan in a hot oven (425° F.) for 12 to 20 minutes depending on the size.



Dinner rolls. Roll dough into cylindrical shape, approximately 4 inches long, tapering at ends.



Parkerhouse rolls. Roll dough 1/4 inch thick. Cut with biscuit cutter. Brush with melted butter. Make crease across each. Fold so top half slightly overlaps. Press edges together at crease. Place close together on pan.



Cloverleaf rolls. Form bits of dough into balls about 1 inch in diameter. Place 3 balls in each greased muffin cup. Brush with melted butter.



Lucky clovers. Shape in balls and place in muffin pans. With scissors divide the rolls in half, then in quarters, cutting almost through to the bottom of the rolls. Brush lightly with water or melted butter. If desired, brush with slightly beaten egg white diluted with 1 tablespoon of water and sprinkle with poppy or sesame seeds.

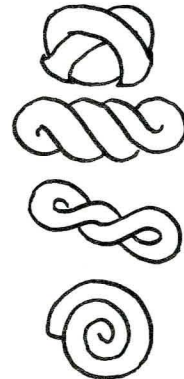
For all the twisted shapes, roll dough a little less than 1/2 inch thick. Cut into strips 3/4 inch wide and about 6 inches long.

Knots. Twist and tie each strip into a knot. Press ends down on greased baking sheet.

Braids. Braid three or four strips together.

Twists. Fold an 8 inch strip in half and twist in opposite directions.

Snails. With forefinger hold one end of the strip on the baking sheet. Twist and wind the strip around and around. Tuck the other end underneath.



Rosettas. Tie a loose knot in the center of an 8-inch strip. Bring one end up through the center and the other end over the side and tuck underneath.



Butterflies. Roll dough 1/8 inch thick into an oblong 6 inches wide. Spread with soft butter and roll up like a jelly roll. Cut into 2-inch pieces. Press across the center of each with a knife handle (to resemble a butterfly).



Crescents. Roll dough into circular shape about 1/4 inch thick. Cut into wedge-shaped pieces. Brush with melted butter and roll up, beginning at the wide end. Press point down firmly and curve into crescents when placed on pan.



Fan Tans. Roll dough to a very thin sheet. Brush with melted butter. Cut into strips 1 inch wide. Stack 6 strips evenly and cut into 1 1/2-inch pieces. Place cut side down in muffin pan.

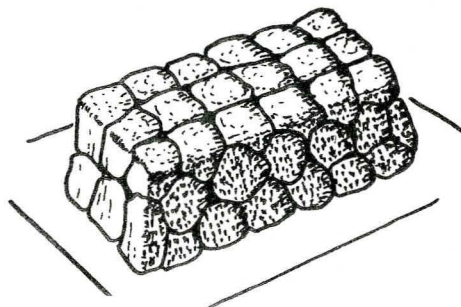
The basic sweet dough recipe may be turned into a number of tasty sweet buns and coffee cakes by changing the shape, the topping or icing, the fruit and nuts, and the sugar•cinnamon mixtures that are used for fillings.

Bubble Loaf. When the dough is light, punch down. Let rise 10 minutes. Divide into pieces the size of a walnut and shape into balls. Place one layer of balls, 1/2 inch apart, on the bottom of a greased loaf pan 8 1/2 x 4 1/2 inches. Arrange second layer on top of the first, placing over spaces in first layer. Arrange third layer of balls. Pour caramel glaze over all. Let rise until double in size (about 1 hour). Bake in moderate oven (350° F.) 35 to 40 minutes. Let stand in the pan 5 minutes before turning out.

Caramel Glaze

1/4 cup dark corn sirup
1 tablespoon melted butter or margarine
1/2 teaspoon lemon extract
1/4 teaspoon vanilla extract

Combine all ingredients. Mix thoroughly.



Cinnamon Rolls. Use 1/2 basic sweet dough. Roll dough into a rectangle 1/4 inch thick. Spread with 2 tablespoons softened butter and sprinkle with 1/2 cup sugar and 2 teaspoons cinnamon. One-half cup raisins may be added. Roll up tightly, beginning at the wide side. Seal well by pinching the edges of the roll together. Cut roll into 1-inch slices. Place cut side down on greased baking pan. Cover and let rise until double in bulk. Bake in moderate oven (375° F.) for 20 to 25 minutes.

Caramel Pecan Rolls. Use 1/2 basic sweet dough. Proceed as for cinnamon rolls, omitting raisins and using brown sugar inside the roll. Spread 1/4 cup soft butter, 1/2 cup brown sugar and 1/4 to 1/2 cup pecans in 13 x 9 x 2 inch baking pan. Place rolls on this with cut side down. Let rise until double in bulk. Bake in moderate oven (375° F.) for 20 to 25 minutes.

Orange Rolls. Roll out basic sweet dough into a rectangle 1/4 inch thick. Spread with orange marmalade or the orange filling below. Roll up and cut into 1-inch pieces. Pinch the underside of each roll to hold in the juice and place cut side down on greased pan. Let rise until double in bulk. Bake in moderate oven (375° F.) 20 to 25 minutes.

Orange Filling

1/2 cup sugar
1 tablespoon grated orange rind
1/4 cup orange juice
1/4 cup butter

Mix, cook 2 minutes and cool



Kolache. Shape basic sweet dough into two-inch balls. When they are light, make a depression in the center of each ball and fill with fruit filling or jam. The filling may be made by cooking 25 prunes or dried apricot halves until soft. Drain, mash, and add 4 tablespoons of sugar. Bake fruit-filled rolls in moderate oven (350° F.) for 20 minutes.

Stollen. Use 1/2 basic sweet dough. After dough rises, turn it onto lightly floured board and flatten. Knead in

- 1/2 cup chopped blanched almonds
- 1/4 cup chopped citron
- 1/4 cup candied cherries
- 1 tablespoon grated lemon rind

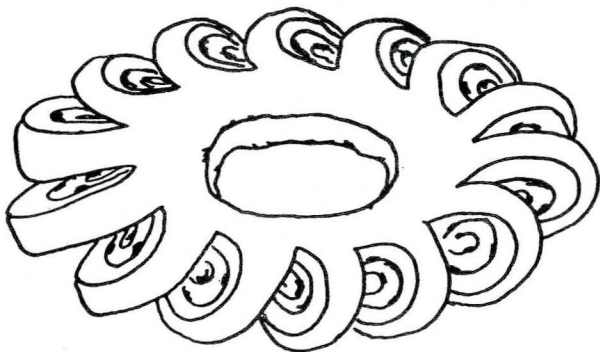
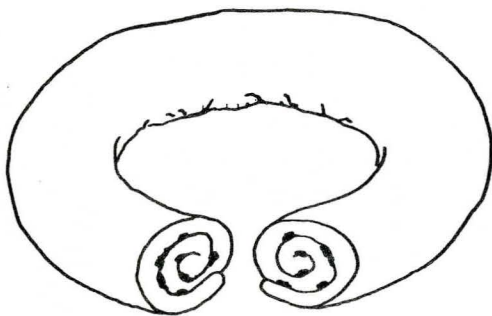
Pat out dough into an oval about 8 x 12 inches. Spread with soft butter. Fold over like a large parkerhouse roll and shape into a crescent. Press folded edge firmly so it won't spring open. Place on a lightly greased baking sheet and brush the top with melted butter. Let rise until double in size. Bake in a moderate oven (375° F.) for 30 to 35 minutes. Frost while warm with confectioner's sugar icing and decorate with chopped almonds and pieces of citron and cherries.

Swedish Tea Ring. Use 1/2 basic sweet dough. After dough rises, punch down and roll into a rectangular shape 1/4 inch thick. Spread chopped raisins or prune filling evenly over the dough. Roll up tightly, starting at the wide edge. Seal the edge well and place on greased baking sheet. Join the ends of the roll to form a ring. With scissors cut deep slashes almost to the center of the ring at 1-inch intervals. Turn each piece of dough on its side. Let rise; bake at 375° F. about 25 minutes. While the ring is still warm, frost with confectioner's sugar icing.

Prune Filling

- 1 cup cooked prunes, cut
- 1/4 teaspoon cinnamon
- 1 tablespoon lemon juice
- 1/4 cup sugar

Simmer until thick. Cool.



OTHER YEAST PRODUCTS

Yeast Batters. If you like the flavor of yeast breads but want something that takes less time to make, the yeast batter is just the thing for you. From this you can easily make tempting drop muffins, drop rolls or coffee cakes having that delicious nutty flavor of regular yeast rolls.

Yeast batters are quite different from yeast doughs. They are mixed quickly and lightly in much the same way, but are thin enough to pour. No kneading is required and the only rising is in the pans. The yeast batter rolls have a slightly more open-grained texture and a thinner crust.

Yeast Batter

1 1/4 cups milk	1 1/2 teaspoons salt
2 cakes or 2 packages yeast in 1/4 cup water	1/4 cup shortening
2 1/2 tablespoons sugar	3 1/4 cups flour

Scald the milk; add sugar, salt, and shortening, and cool the mixture to about 83° F.

Soak the yeast in lukewarm water with 1 teaspoon of sugar for 5 to 10 minutes, and combine with the lukewarm milk mixture.

Stir in the flour and pour into muffin pans, cake pans, or ring mold. (Make about half full.)

A streusel topping or the following mixture may be sprinkled over the top.

1/2 cup brown sugar
2 tablespoons shortening
1/4 cup chopped nuts

Cover with a clean towel and let rise until doubled in bulk (about 30 to 45 minutes).

Bake in a hot oven (425° F.) for 20 minutes.

Brown-and-Serve Rolls

To have fresh-from-the-oven rolls often, try brown-and-serve rolls. Use any sweet dough and shape as desired. Let rise and bake in a slow oven (275° F.) for 30 minutes instead of at 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 or margarine, and bake in a very hot oven, (450° F.) about 7 minutes. The rolls will be hot, fragrant, and golden brown. Brown-and-serve rolls will stay fresh several days at room temperature, 2 weeks in a refrigerator, and longer in a freezer.

Frozen Yeast Products

If you have a home freezer you may want to make extra rolls to freeze for another meal. Frozen baked rolls keep easier and better than frozen dough. Baked rolls may be kept up to 6 months, although the fresh flavor is lost in a very few weeks. For home freezing, cool baked rolls quickly. Wrap in moisture-vapor proof material and seal by heat or with tape. Freeze and store at 0° F. Use within 3 weeks.

To serve, reheat rolls, in sealed wrappings for 15 minutes in a slow oven (250° to 300° F.) and use immediately.

GLAZE FOR BREADS AND ROLLS

Before Baking. Brush rolls with melted fat, with heavy cream or with 1/4 cup of milk in which 1 tablespoon of sugar has been dissolved. For another variation, try streusel topping on coffee cakes.

Streusel Topping

1/4 cup flour
2 tablespoons sugar
2 tablespoons butter
1/4 cup dry bread crumbs
1/2 teaspoon cinnamon

Blend together until mixture is crumbly. Sprinkle over top of coffee cake.

When Nearly Baked. Remove rolls from the oven about 5 minutes before they are done. Brush them with slightly beaten whole egg, egg white or egg yolk diluted with 1 tablespoon of milk or water, and return to the oven to glaze and finish baking.

When Baked. As soon as the rolls are taken from the oven brush them with butter, or with 1/4 cup of cream containing 2 tablespoons of sugar, or with confectioner's sugar icing.

Confectioner's Sugar Icing

1 cup sifted confectioner's sugar
1 to 2 tablespoons warm water, milk or cream
1/2 teaspoon vanilla or lemon juice

Mix together, then spread or drizzle over bread or rolls while slightly warm.