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Ethel Diedrichsen

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# QUICK MIX Yeast Rolls



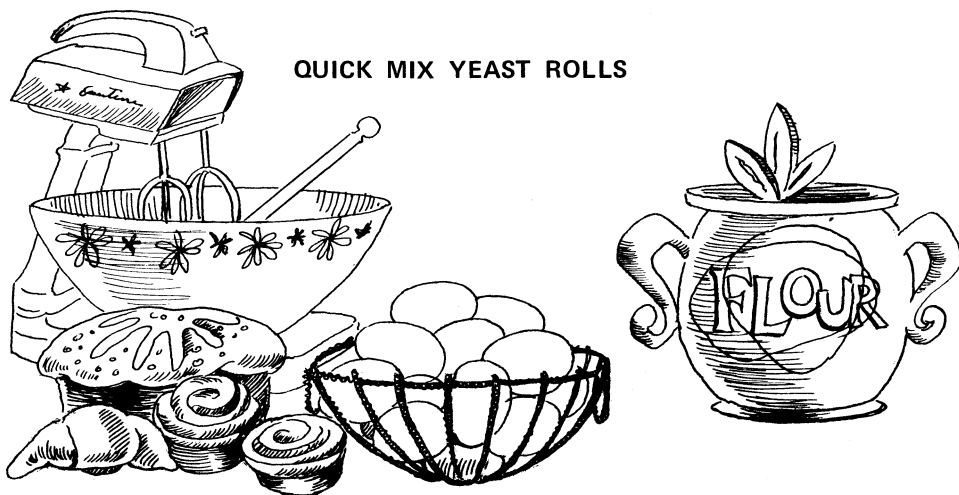
Extension Service

University of Nebraska College of Agriculture and Home Economics  
and U. S. Department of Agriculture Cooperating

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## QUICK MIX YEAST ROLLS



Ethel Diedrichsen  
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Baking with yeast is one of the nicest ways to treat your family and friends. Mixing the dough is easy and shaping it is fun. You can have that wonderful feeling of accomplishment when you serve fragrant, delicious, homemade rolls.

The quick mix method of making yeast rolls saves both time and energy. The yeast is mixed with a portion of the dry ingredients. Soft shortening and warm liquid are added and the mixture is beaten with an electric mixer to speed up gluten development. The remainder of the flour is stirred in by hand and the dough is kneaded to complete the mixing. This method is possible because instant blending dry yeast is fine-grained and blends easily with other ingredients.

### INGREDIENTS

#### Flour

All-purpose enriched flour is best for baking rolls. It contains proteins which form gluten when the flour is mixed with liquid and stirred or kneaded. This forms the elastic framework that holds the gas bubbles produced by the yeast. The amount of flour required varies and will depend upon the moisture in the flour and the humidity in the air. When making rolls, flour can be spooned lightly into a cup and leveled off with a spatula or straight edged knife.

#### Yeast

Yeast is a living plant which provides leavening in rolls to make them light. It must have air, moisture, food and favorable temperature to develop. Yeast is killed when it becomes too hot and slows down when it becomes too cold.

#### Liquid

Milk or water are usually used in making rolls. Fresh, evaporated or dry milk give good results. Water makes rolls crusty. Milk gives them a soft crust and brown color.

## Salt

Salt brings out flavor and helps control the yeast action.

## Sugar

Sugar furnishes food for yeast growth. It adds flavor and helps brown the crust. White sugar is most often used, but brown sugar, molasses or honey may be substituted.

## Shortening

Margarine, butter, cooking oil, hydrogenated shortening or lard make rolls tender, keep them soft, add flavor and color to the crust.

## Eggs

Eggs add food value, color and flavor. They also help to make the crumb fine and the crust tender.

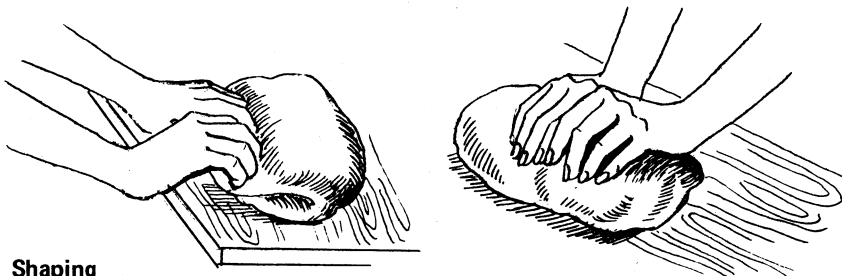
## Other Ingredients

Herbs and spices, nuts, cheese, and fruits add color and flavor to rolls and coffee cakes.

## PROCEDURES

### Kneading

Dough is kneaded to develop the gluten. This can be done on a pastry cloth or board lightly sprinkled with flour. Form the dough into a round ball. Fold it toward you and with the palms of your hands push the dough away with a rolling motion. Turn the dough one-quarter turn around. Continue kneading until the dough is smooth and elastic, about three minutes. Add flour as required to prevent sticking, but use no more than necessary. Let the dough rest for a short period after kneading to continue fermentation and to make the dough easier to handle.



### Shaping

The dough is now ready to shape into various rolls such as parker house, cloverleaf, cinnamon, crescents, snails, fantans, braids, knots, twists or plain dinner rolls. You can make a variety of holiday breads and coffee cakes with the addition of fruits, nuts and other ingredients.

### Rising

Cover rolls and set in a warm place (85°) to rise for about one hour. Rolls will be light if a dent remains in the dough when a finger is lightly pressed into it.

## Baking

Plain rolls are baked until golden brown at 400 degrees for 12 to 20 minutes depending upon size. Sweeter rolls with nuts and fruits are baked at 375 degrees for 15 to 30 minutes.

## Cooling and Storing

As soon as rolls are baked, remove them from the baking pan and place on a wire rack to cool. Store in a cool, dry place.

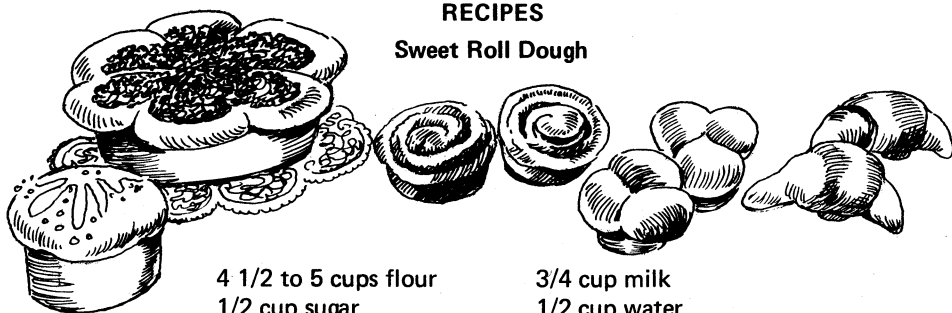
## Freezing

To freeze, cool rolls thoroughly, wrap in aluminum foil, freezer paper, or plastic bags. Exclude air from the package by pressing the wrap close to the rolls. Seal, label and date. Maximum storage time is about three months.

To serve, thaw rolls in original wrapper at room temperature. Foil-wrapped rolls can be thawed and warmed in a moderate oven. Small rolls or coffee cakes can be warmed on a rack in a covered electric skillet set at 350 degrees.

## RECIPES

### Sweet Roll Dough



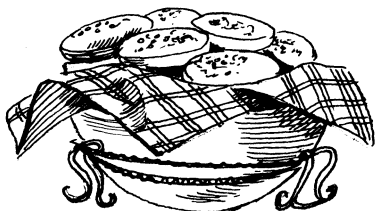
4 1/2 to 5 cups flour  
1/2 cup sugar  
1 teaspoon salt  
2 packages dry yeast

3/4 cup milk  
1/2 cup water  
1/2 cup shortening  
2 eggs, room temperature

Measure 1 3/4 cups of flour into large mixing bowl. Stir in sugar, salt and yeast. Heat milk, water, and shortening until warm (120° to 130°). Pour into flour mixture. Add eggs and beat with electric mixer at low speed for 1/2 minute. Continue beating for 3 more minutes at high speed. Stir in remainder of flour. Dough will be soft and rather sticky. Knead about 3 minutes until smooth. Cover dough with plastic wrap and clean towel. Let rest for 20 minutes, then shape as desired. Let rise in a warm place from 40 to 60 minutes and bake until golden brown. Time and temperature will vary according to the rolls made. Remove from pans and cool on racks.

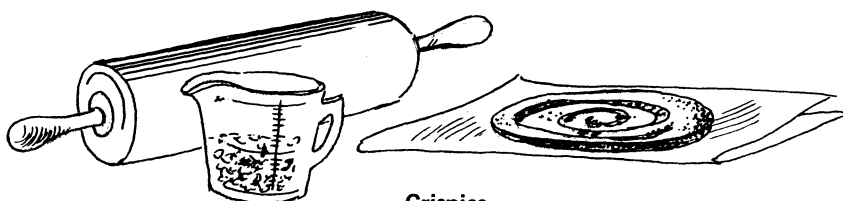
### Italian Bread Sticks

Roll out a portion of sweet roll dough and cut into strips. Roll the strips by hand into pencil-like strands 6 to 10 inches long and about 1/2 inch in diameter. Place on greased baking sheet one inch apart. Brush with egg white glaze made by adding one tablespoon water to one slightly beaten egg white. Sprinkle with poppy seeds, sesame seeds or coarse salt. Let rise and bake for 12 to 15 minutes at 375 degrees.



### English Muffins

Roll a portion of sweet roll dough to 1/4 inch thickness. Cut into three-inch circles and dip both sides in cornmeal. Place on baking sheet and let rise in warm place until light. Bake on lightly greased medium-hot griddle for about 15 minutes, turning several times. Split cooled muffins. Serve toasted with butter and marmalade.



### Crispies

1/2 cup butter  
1/2 cup sugar

1 teaspoon cinnamon  
1/2 cup nuts, chopped

Use half the sweet roll dough and roll to about 12 by 20 inches. Spread with butter and sprinkle with part of sugar-cinnamon mixture and chopped nuts. Roll as for cinnamon rolls and cut into one-inch slices. Dip slices in cinnamon-sugar mixture on a piece of waxed paper and roll about 1/8 inch thick. Place on greased baking sheet; let rise and bake for 12 minutes at 375 degrees.



### Sausage Pizza

2 cups shredded Mozzarella  
cheese  
1/2 cup minced onion  
1 tablespoon salad oil  
8 oz. can tomato sauce  
8 oz. can tomato paste

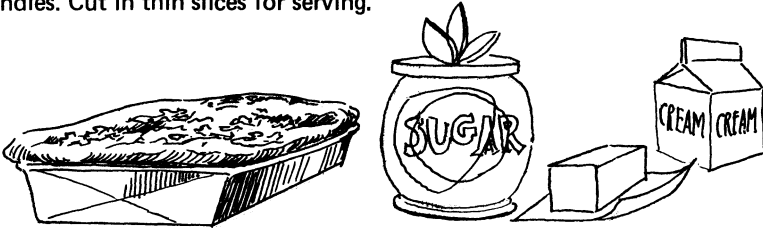
1 teaspoon salt  
1/2 teaspoon oregano  
1/4 teaspoon garlic salt  
1/4 teaspoon pepper  
1 lb. pork sausage or pepperoni

Using half the sweet roll dough, press dough into circle to fit pizza pan or cookie sheet. Edges should be slightly raised. Allow the dough to rise for about 15 minutes. Brown onion in salad oil, add tomato paste and tomato sauce and seasonings. Brown sausage in separate skillet. Sprinkle 1 cup of cheese over dough and spread on tomato sauce. Arrange sausage over tomato sauce and sprinkle with remaining cheese. Bake at 400 degrees for 12 to 15 minutes. Top with sliced green or chopped ripe olives and serve.



### Kulich

To half the sweet roll dough, add 1/4 cup raisins, 1/4 cup chopped blanched almonds and 1/2 teaspoon vanilla. Divide dough into three parts. Shape into balls and place each in a greased one-pound shortening can. Cover, let rise and bake 30 to 35 minutes at 375 degrees. Remove from cans. While still warm, frost with powdered sugar frosting and decorate with tiny colored candies. Cut in thin slices for serving.



### Orange Coffee Cake

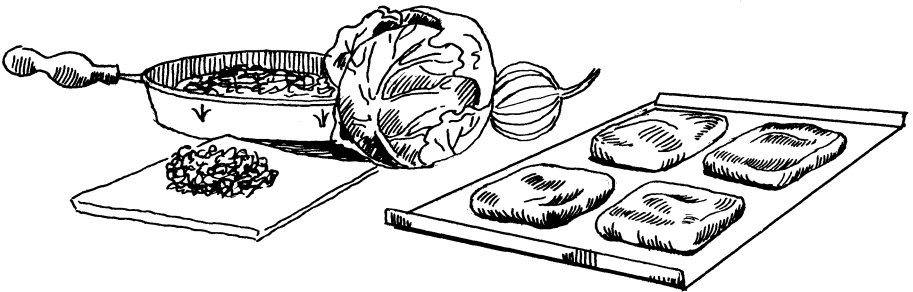
1/4 cup sugar

2 tablespoons butter

1 tablespoon cream

1/4 cup marmalade

Spread half the sweet roll dough in greased 9 x 9 x 2 inch pan. Let rise in warm place. When doubled in size, spread with mixture of sugar, butter, cream and marmalade. Bake at 375 degrees for 20 to 25 minutes.



### Runzas

1/2 pound ground beef

1 onion, chopped

2 cups chopped cabbage

2 tablespoons butter

1/2 teaspoon salt

1/8 teaspoon pepper

Brown ground beef and onions. Wilt cabbage in butter. Add to beef mixture with salt and pepper. Roll dough very thin and cut into 6 or 7-inch squares. Place about 3 tablespoons of meat mixture in center of each square. Bring corners of dough to the center, pinch edges together and place smooth side up on greased baking sheet. Let rise and bake at 350 degrees for 20 minutes. Makes about 6 runzas.