

# YEAST ROLLS AND BREAD

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You can make rolls from bread dough or from sweet dough.

Sweet dough is softer and easier to use for most shapes of rolls.

The easiest kinds of rolls to make from bread dough are buns, cloverleaf rolls, and cinnamon rolls.

From a sweet dough recipe, you can make many different forms of rolls and breads. These

products will give variety to your family meals and carried lunches. Many sweet dough rolls and breads are suitable for desserts.

Recipes for coffee cake and Swedish tea ring remind us that sweet dough products are enjoyed for afternoon or evening refreshments.

Sweet dough is the basis for many traditional holiday breads. A loaf of fruit bread makes a welcome gift.

## How Sweet Dough Differs From Bread Dough

Sweet dough differs from bread dough, in that it usually contains a larger proportion of fat, sugar, and yeast, and a smaller proportion of flour to liquid. Eggs are usually used in sweet dough.

Dough for rolls is made slightly softer than bread dough because it is easier to shape and gives a more delicate texture. For the flatter shape in rolls, a less stiff dough is needed than is required for a loaf.

Eggs add flavor and color and help to form a

delicate cell structure. The dough may be softer if it contains eggs.

Fat improves flavor and makes rolls tender. Fat along with sugar, aids browning.

A little sugar, as used in bread dough, speeds the action of yeast. The larger amount of sugar in sweet doughs retards the action. That is one reason why very sweet doughs rise more slowly than bread dough. Therefore, a larger proportion of yeast is often used.

## Using Modern Yeast

One package of granular dry yeast is equal to one cake of the moist foil-wrapped compressed yeast.

### Keeping quality

Compressed yeast can be kept about a week in a refrigerator. To test whether compressed yeast is usable, crumble it between the fingers. If it crumbles easily, it is still good, even if there is slight browning at the edge due to drying. Compressed yeast may be frozen but must be used immediately after it has been defrosted.

Granular dry yeast is packed in moisture-proof, individual packages in the presence of natural gas. It stays fresh in the unopened packages for several months without refrigeration. Granular dry yeast is also available in jars. One tablespoon of this yeast is equal to one package of dry yeast or one cake of compressed yeast.

### Best temperatures for dissolving yeast

For dissolving compressed yeast, use lukewarm water—about 95° F. To dissolve granular dry yeast, use warm but not hot water—about 105° F.

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# ROLLS

## Methods of Mixing Rolls

Four mixing methods are:

- Batter method
- Sponge method
- No-knead method
- Straight dough method

When you try a new recipe, use the method of mixing given in the recipe.

### Batter method

(See "White Rolls in Muffin Tins," below)

The batter method has recently become popular. It is the quickest and easiest method. As the name implies, by this method rolls are made from a batter rather than a dough. The batter is too soft to be kneaded or shaped. It rises in the mixing bowl until double in bulk. When double in bulk, the batter looks moist and somewhat rough with small bubbles just under the surface. The top is slightly rounded and soft. Follow directions in recipe for rising of batter.

Do not confuse the batter method with the sponge method.

### Sponge method

The sponge method is one of the oldest ways of mixing. Sponge dough is made by combining the yeast, liquid, some sugar, and about half of the flour. After this rises to become "spongelike," the other ingredients are added to make a dough. Then the dough is kneaded. This method is frequently used for very rich rolls. The large amounts of sugar and fat delay the rapid development of the yeast when they are added at the beginning.

### No-knead method

(See "Refrigerator Rolls," below)

The no-knead method differs from the batter method in that enough flour is beaten in to make a dough. The dough is not kneaded. For some no-knead recipes the dough rises only once. Dough is shaped before it rises.

### Straight dough method

(See "Basic Sweet Dough" recipe, page 3.)

This is the most frequently used method for kneaded and shaped rolls. It differs from the sponge method in that all the flour is added and the dough is kneaded before rising.

### Batter Method

#### White Rolls in Muffin Tins (12 to 18)

- |                         |                      |
|-------------------------|----------------------|
| 2 cakes yeast <i>or</i> | 2½ T sugar           |
| 2 packages dry yeast    | 1½ t salt            |
| ¼ c water               | 3¼ c sifted enriched |
| 1¼ c milk, scalded      | all-purpose flour    |
| ¼ c shortening          |                      |

1. Mix yeast with water. See page 1 for temperature of water to use with each type of yeast.
2. Scald milk, add shortening, sugar, and salt. Cool to lukewarm.

3. Add dissolved yeast and stir to mix.
4. Add the flour. Stir until well blended. About 1 minute.
5. Cover. Let rise in a warm place, free from drafts, until double in bulk, about 30 minutes.
6. Stir batter down. Beat vigorously only about ½ minute. Do not overbeat.
7. Fill greased muffin pans ¾ full. Let rise about 10 minutes.
8. Bake in hot oven at 400° F. about 25 minutes.

### No-Knead Method

- |                                    |                            |
|------------------------------------|----------------------------|
| 2 cakes compressed yeast <i>or</i> | 6 T sugar                  |
| 2 packages granular dry yeast      | 2 t salt                   |
| ¼ c water                          | 5 T shortening             |
| ¾ c milk, scalded                  | 1 egg, beaten              |
|                                    | 4½ c sifted enriched flour |

\* Refrigerator rolls require a larger proportion of yeast and sugar than the usual basic recipes. Some refrigerator roll recipes are mixed by the straight dough method as given on page 3 for "Basic Sweet Dough."

1. Mix yeast with water. For temperature of water to use with each type of yeast see page 1.
2. Scald milk. Add sugar, salt, and shortening. Cool to lukewarm.
3. Add dissolved yeast and beaten egg. Stir to mix.
4. Stir in about half of the flour. Beat until smooth.
5. Gradually stir in additional flour until smooth.

6. Place dough in greased bowl. Brush top with soft shortening.
7. Cover with waxed paper or aluminum foil.
8. Store at once in refrigerator at least 2 hours or until needed. (Punch down if not used in 2 hours.)
9. To use, punch down and cut off the amount needed. Return rest of dough to refrigerator.

May be kept 2 to 3 days. Shape dough while still cool. (This dough is easier to handle when cool.) See pages 4 to 7 for shapes.

10. Let rise until light. Allow about twice as long as for warm dough to rise.
11. Bake according to directions for shapes, pages 4-7.

## Straight Dough Method

### Basic Sweet Dough Recipe

- |                                     |   |
|-------------------------------------|---|
| 1 cake yeast <i>or</i>              | ½ to ¼ c sugar                                  |
| 1 package granular yeast*           | 1 t salt  |
| ¼ c warm water                      | 1 egg, beaten                                   |
| 1 c milk, scalded                   | 3½ or more c enriched white flour <i>or</i> use |
| ½ to ¼ c butter or other shortening | half whole-wheat flour                          |

1. Mix yeast with water. See page 1 for temperature.
2. Scald milk; add butter, sugar, and salt. Cool milk mixture to lukewarm.
3. Gradually add enough flour to make a thick batter.
4. Add softened yeast and beaten egg.
5. Beat the mixture thoroughly to incorporate air and develop gluten.

\* More yeast may be used for faster rising.

6. Gradually stir in more flour until dough is too stiff to stir well with a spoon.
7. Turn dough on a lightly floured board.
8. Knead, adding more flour gradually until dough is smooth and tends to hold shape when it stands on the board for a few minutes.
9. Spin dough around in a lightly greased bowl to grease the top.
10. Cover and place bowl in a moderately warm place or surround with moderately warm water. Let dough rise until double in bulk.
11. Shape according to directions on pages 4-7.
12. Let rolls rise to double in size.
13. Bake according to directions for shape and size of rolls.

### Sweet Dough Variations

#### Addition of dried fruit

After about ¼ of the flour has been added to the basic sweet dough, add chopped dates or dried apricots or raisins or other dried fruit.

#### Addition of spices

Sift spices as desired with the first cup of flour.

Cinnamon and nutmeg are favorite seasonings for sweet breads.

#### Addition of lemon or orange rind

Add about 1 teaspoon grated lemon or orange rind when mixing dough.

### Spice and Sugar Variations

For convenience in making such recipes as cinnamon rolls and coffee cakes, a spice and sugar mixture may be stored in the cupboard.

#### Spice Mix

- |              |                         |
|--------------|-------------------------|
| 2 c sugar    | Other spices as desired |
| 2 T cinnamon |                         |

Mix ingredients and put in a jar. Cover tightly.

## Icings for Sweet Rolls and Breads

For general use, it is advisable to serve rolls without icing. If icing is used, it should be spread thinly.

### Egg White Icing

1 egg white                      ¼ t vanilla or lemon  
1½ c powdered                  flavor  
sugar (approx.)              Dash of salt

Beat egg white slightly with a fork or spoon. Gradually add sifted powdered sugar until almost thick enough to hold shape when spread. Put icing on warm bread or rolls, using a pastry brush or spreading with the back of a spoon.

### Butter Frosting

2 T butter                      1½ c powdered sugar  
¼ t lemon rind                  1 T cream (approx.)  
1 t lemon juice

Stir the butter until soft. Add lemon rind and juice. Gradually stir in the sifted powdered sugar, thinning with cream until mixture almost holds shape when spread on warm rolls or bread.

### Honey Frosting

2 T honey                      1 c powdered sugar  
¼ c butter                      (approx.)  
1 egg white

Blend butter and honey. Add egg white and blend. Stir in sifted powdered sugar until mixture almost holds shape.

## General Rules for Baking Rolls

Rolls that are spaced so close together that the dough fills the pan after rising, require longer baking than if they were spaced farther apart. To prevent overbrowning on top or bottom before the center is baked, a lower temperature is used, about 375° to 400° F. Rolls which are spaced apart may be baked in a hot oven at 425° F.

Rolls in muffin tins bake faster than those spaced apart on baking pans.

A lower temperature is used for cinnamon rolls, butterscotch rolls, and tea rings, to prevent burning of the sirup which forms on the bottom.

They are baked at moderate temperature—350° to 375° F.

A sweet dough browns more readily than bread dough. Sweet dough loaf bread is baked at a constant temperature of about 375° F. to permit thorough baking without overbrowning crust.

Terms commonly used to describe oven temperatures are:

Moderate ..... 350° to 375° F.  
Moderately hot ..... 400° F.  
Hot ..... 425° to 450° F.

## Uniform Size and Shape

### How to get uniform size buns or rolls

Several methods are suggested as quiet ways of getting uniform size pieces of dough for shaping into rolls or buns. Commonly used methods are:

(1) Cut the dough in half. Cut this in quarters, and continue to divide it until the dough has been cut into suitable pieces. Then form the pieces into the desired shapes.

(2) Form the dough into a long roll. Slice across to get uniform-size pieces for shaping.

### How to get uniform shape in rolls or buns

The shape and uniformity of rolls or buns is influenced chiefly by the way they are spaced in the pan. Products increase in width or height according to spacing.

## Directions for Shaping

See recipes for preparation of dough for shaping, "Refrigerator Rolls," page 2; "Basic Sweet Dough," page 3.

### 1. Pan rolls or buns

Use bread dough, basic sweet, or refrigerator dough.

Shape dough into balls. Place in a greased pan. Put in a moderately warm place. Cover lightly with a cloth.

When double, bake in a moderately hot oven 400° to 425° F. for about 25 minutes. Brush with melted butter.

## 2. Lucky clovers

Use bread dough, basic sweet, or refrigerator dough.

Shape dough into balls which are large enough to half fill the sections of muffin pans. Put each ball into a greased section of a muffin pan.

With scissors, divide each ball in half, then in quarters, cutting almost through to the bottom of balls. Let rise until double and bake as for cloverleaf rolls (below).

## 3. Cloverleaf rolls

Use bread dough, basic sweet, or refrigerator dough.

Form dough into small balls. Roll each in melted fat, and place 3 balls in each section of a muffin pan.

When doubled, bake in a hot oven, 400° F., for about 20 minutes.

Or place a ball large enough to half fill it into each muffin pan section.

Cut into thirds with cloverleaf roll cutter.

## 4. Parkerhouse rolls

Use basic sweet or refrigerator dough.

Roll dough until  $\frac{1}{2}$  inch thick. Cut rounds with a cookie cutter.

Crease slightly off center with case knife.

Brush very lightly with melted butter.

Fold longest side over shorter side. Place on a greased baking pan about  $\frac{1}{2}$  inch apart.

When double, bake in a hot oven, 400° F., for about 25 to 30 minutes.

## 5. Crescents

Use basic sweet or refrigerator dough.

Roll the dough into a circle about  $\frac{1}{4}$  inch thick and 8 or 9 inches in diameter.

Brush very lightly with melted butter.

Cut dough into 8 pie-shaped pieces.

Roll, beginning at wide end. Turn so that point of dough is on underside.

Place 2 inches apart on greased baking pan.

Curve in half circles to form crescents.

When double, bake in a hot oven, 425° F., for about 25 minutes.

## 6. Fan-tans (butter puffs)

Use basic sweet dough.

To make without fan-tan cutter:

Roll the dough into an oblong about  $\frac{1}{3}$  to  $\frac{1}{4}$  inch thick. Brush generously with melted butter.

Cut crosswise into strips about  $1\frac{1}{2}$  inches wide. Pile 5 to 7 strips together.

Cut crosswise into pieces about  $1\frac{1}{2}$  inches wide. Place cut side up in muffin pans. Let rise until doubled.

Bake in a moderately hot oven, 400° F., for 20 to 25 minutes.

To make with fan-tan cutter:

Place a ball large enough to half fill it into each muffin pan section.

Cut with fan-tan cutter. Brush with melted fat.

## 7. Twin roll-ups or butterflies

Roll sweet dough into a rectangle which is  $\frac{1}{4}$  inch thick and about 5 or 6 inches wide. Brush lightly with melted butter.

Roll lengthwise, like jelly roll. Cut with a sharp knife into 2-inch pieces.

Place on a greased baking sheet about 1 inch apart or transfer to baking sheet after pressing as directed in next sentence. Press heavily across center of each piece with the blunt edge of knife handle. Let rise until doubled. Bake in hot oven, about 425° F., for about 25 minutes.

## 8. Cinnamon rolls

Dough	Cinnamon
Butter or other fat	Raisins (optional)
Sugar, white or brown	

Use bread dough, sweet dough, or refrigerator dough.

Roll or pat the dough into a rectangular shape about  $\frac{1}{2}$  inch thick. Brush with melted butter or other fat.

Sprinkle with a mixture of sugar and cinnamon. Sprinkle with raisins if desired.

Roll like a jelly roll. Cut into 1-inch slices.

Place, cut side down, in well-greased pans or muffin pans.

Let rise until doubled. Brush with melted fat; sprinkle with sugar and cinnamon.

Bake in a moderate oven, about 375° F., for 25 to 30 minutes.

## 9. Cinnamon twists

Use sweet roll dough. Roll a piece of dough 12 x 12 inches square, about  $\frac{1}{4}$  to  $\frac{1}{2}$  inch thick. Brush with melted butter.

Sprinkle center third of square with 3 tablespoons sugar and cinnamon mixture (page 3). Fold one-third of dough over center third. Sprinkle with 3 tablespoons sugar and cinnamon mixture.

Fold remaining third of dough over the two layers.

Cut into strips about 1 inch wide.

Take hold of each end of the strip and twist tightly in opposite directions.

Press ends to seal firmly.

Place on greased baking sheets about 1½ inches apart.

Let rise until double. Brush with melted butter.

Sprinkle with sugar and cinnamon mixture. Bake in moderate oven, 375° F., for about 25 minutes.

#### 10. Butterscotch rolls

Prepare muffin pans or a baking pan in this way: Into each muffin pan put about ½ teaspoon butter or other fat, 1 teaspoon white or brown sugar, and nuts if desired. Sprinkle with 1 teaspoon water. (If a baking pan is used instead of muffin pans, prepare the bottom, using similar proportions.)

Prepare rolls as for cinnamon rolls. Place rolls in pans. Let rise until double. Bake at 350° to 375° F. Remove from pan before sugar sirup hardens.

#### 11. Cinnamon ring

Use bread dough or sweet roll dough and ingredients as for cinnamon rolls.

Follow the same method, through rolling into a strip, like jelly roll. Slip ends together and put in a tube pan. When doubled, bake in a moderate oven, 375° F., for 45 minutes or longer, depending upon the thickness of the ring.

#### 12. Bubble loaf

Form sweet dough into balls about the size of a walnut. Roll each ball in melted butter, then in a mixture of sugar, cinnamon, and ground nuts.

Place a layer of balls, ½ inch apart, on the bottom of a well-greased loaf pan.

Arrange a second layer on top of first, placing over spaces in first layer.

Place third layer.

Let rise until double. Bake in moderate oven

for 45 minutes. The hot loaf can be broken apart into balls before serving.

#### 13. Swedish tea ring

Use sweet roll dough and ingredients as for cinnamon rolls.

Follow same directions through rolling in a strip.

Form dough into a ring on a large, well-greased baking pan.

With scissors cut through ring almost to center, in slices about 1 inch thick, turning each section sidewise, and lap over previous section.

Let rise until doubled. Bake in moderate oven, 350° to 375° F., for about 30 minutes.

#### 14. French ring

Prepare the same as for Swedish ring, except turn every other section to the center.

#### 15. Coffee cake

Roll or pat sweet dough to fit the bottom of a baking pan.

Place in well-greased pan. Brush with butter or other fat. Sprinkle with sugar and spice mixture.

When double, bake in moderately hot oven, 400° to 425° F., for about 25 minutes, depending on the thickness of the cake.

#### 16. Dutch apple cake

Put sweet dough into the bottom of a well-greased baking pan. Set aside to rise.

When double, arrange overlapping sections of raw apples over top. Brush with melted butter or other fat. Sprinkle with sugar and spice mixture.

Bake in moderately hot oven, 375° F., for about 30 minutes, depending on the thickness of the cake. Pan may be covered during first part of the baking to aid in cooking apples.

Dutch apple cake may be served as a dessert. A custard sauce may be poured over it.

#### 17. Hot cross buns

When mixing basic sweet dough, add:

1 t cinnamon                      1 c currants  
½ t nutmeg  
(if desired)

When dough has risen, divide and shape it into medium-size balls. Place ½ inch apart in greased pans.

If desired, cut a cross very lightly on the top when partially risen.

Let rise until double.

Bake in a moderate oven, 375° F., for about 30 minutes.

While warm, mark a cross of white icing on each roll.

#### 18. Fruit loaf

During mixing of basic sweet dough, add dried fruit as suggested on page 3, under basic sweet dough variations. Add enough

flour to make stiffer dough than is used for rolls.

After dough has risen to double, shape into small loaves or into a long roll that can be put into a tube pan.

Let rise to double.

Bake in moderate oven, 375° F., for 45 to 60 minutes, depending on the size of the loaf.

The top and part of the sides may be brushed with icing. Candied cherries or dried fruits may be used for decoration of holiday breads.

## BREAD

### Kneading

Making a good dough usually requires from 5 to 10 minutes for the first kneading, depending upon the kind of flour and the skill employed. Doughs made from hard wheat flour (as in bread flour and all-purpose flour) require more kneading than those from softer wheat (as in cake flour). The purpose of the first kneading is to blend all the ingredients and to develop the gluten. The gluten gives the elastic quality to the dough and entangles the gases as the dough rises.

When the dough bakes, the gluten sets and is an important part of the texture.

Doughs made from hard wheat flour are punched down in the bowl and allowed to rise again before shaping a loaf. If softer wheat flour is used, dough should be shaped into a loaf after one rising.

The second kneading should be done lightly to distribute the bubbles.

### Handling the Dough

#### Test for double bulk

When you set dough aside to rise in the mixing bowl, estimate how full the bowl should be when the dough has doubled.

A test for double in bulk is to thrust two fingers deeply into the dough; then withdraw them quickly. Dough holds deep indentation when it has risen enough.

After dough has been shaped and has risen in the pan, test it gently with a finger tip. Dough holds indentation if it is ready to bake.

#### Punching down

To punch down dough, thrust the closed fist into the center of the dough. Pull the edges to the center and turn the dough over in the bowl. Punching down helps distribute gas and makes dough more even in temperature.

#### Resting the dough

If time permits, dough may be given rest periods between steps in handling. Dough becomes easier to handle if it is rested at least 10 minutes.

### Shaping the Loaf

There are several ways to shape a good loaf of bread. A method is satisfactory if:

It does not take too much time.

The loaf is uniform and free from cracks.

An 8½" x 4½" x 2½" pan makes a well-shaped loaf.

When the dough has risen to double in bulk, it should fill the pans at the corners and be rounded slightly above the pan.

## Whole-Wheat Flour

If you use whole-wheat or graham flour, you will be sure of getting the maximum value from the wheat. The terms graham flour and whole-wheat flour have the same meaning. They contain in their natural proportions all the parts of the cleaned grain. The term whole-wheat flour will be used in this circular.

You will find it easier to use whole-wheat flour in breadmaking if you use part white flour with it.

### Whole-Wheat Bread

*In many homes whole-wheat bread is preferred for flavor.*

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 cake compressed yeast <i>or</i> | 2 T butter or other fat         |
| 1 package granular yeast          | 2 t salt                        |
| $\frac{1}{4}$ c water             | 1 egg, beaten                   |
| 2 c milk                          | 3 c enriched white flour        |
| 2 T light molasses or honey       | 3 c whole-wheat flour (or more) |

### Straight dough method

1. Mix yeast with water. (See page 1 for water temperature to dissolve the form of yeast used.)
2. Scald milk, add butter or other shortening, molasses or honey, and salt.
3. Cool to lukewarm (will feel neither hot nor cold).
4. Add about 2 cups white flour and beat until smooth.
5. Stir in the softened yeast and beaten egg.
6. Add enough white flour to make a thick batter. Beat thoroughly.
7. Gradually stir in whole-wheat flour until the dough is too stiff to stir well with a spoon.
8. Turn dough onto a lightly floured board. Knead to mix, and add more flour until dough is smooth and well blended. When enough flour has been added and the dough is kneaded enough, the dough tends to spring back when lightly pressed with the fingers. Dough which contains enough flour does not flatten when left on the board for a few minutes.
9. Swirl dough around in a lightly greased bowl to grease the top.
10. Cover. Let rise in a warm place until dough is nearly double in bulk.
11. Punch down and fold over edges. Turn dough onto a very lightly floured board. Cover with the inverted bowl or a cloth. Let dough rest 10 or 15 minutes.
12. Knead lightly to distribute the bubbles.
13. Cut dough in half. Shape into loaves and place in two greased  $8\frac{1}{2}$ " x  $4\frac{1}{2}$ " x  $2\frac{1}{2}$ " bread pans.
14. Cover; let rise in a warm place until loaves are almost double in size.
15. Bake at  $225^{\circ}$  F. for 15 minutes. Reduce heat to  $175^{\circ}$  F. and bake 45 to 60 minutes more.
16. Brush crust with melted fat if you desire a softer crust. Remove loaves from pans at once and place on cooling rack.
17. Cool thoroughly before storing in a bread box or wrapping for freezing.