

Yeast Bread Recipes

● Basic Dinner Rolls

Yield: 24 rolls

Ingredients

- 1/4 cup sugar
- 1 teaspoon salt
- 1 package yeast
- 1 cup milk, heated to 100 to 110 degrees F
- 1/4 cup water, heated to 100 to 110 degrees F
- 1/4 cup butter or margarine
- 1 egg, lightly beaten
- 3 to 4 cups all-purpose flour



Order of Work

1. Put sugar, salt, and yeast in large mixing bowl. Mix well.
2. Place milk, water, and butter or margarine in microwave-safe bowl. Heat liquids in microwave for 1 to 2 minutes. Remove from microwave and check temperature with food thermometer.
3. Add warm liquids to dry ingredients in mixing bowl and mix well. Let stand for 5 minutes.
4. Add egg and beat until smooth.
5. Add 2 cups of flour to mixture and beat until smooth. Gradually add additional flour until dough is stiff enough to handle.
6. Turn dough out onto a lightly floured surface. Knead dough until it is elastic and does not stick to surface or hands, about 10 minutes.
7. Place dough in a large mixing bowl lightly coated with nonstick cooking spray. Coat top of dough with nonstick cooking spray and cover the bowl with a damp, clean dishtowel. Leave bowl in warm place until dough has doubled in size.
8. Lightly coat baking sheet or muffin pan with nonstick cooking spray.
9. Punch down dough and then form dough into desired shape. Place rolls on prepared baking sheet or in muffin pan. Cover and let rise until doubled in size.
10. Bake rolls at 400 to 425 degrees F until golden brown, 10 to 12 minutes.



Nutrition Facts per Roll: 96 calories, 3 g fat, 120 mg sodium, 16 g carbohydrates, 1 g fiber, 3 g protein, 17 mg calcium

Variation

Whole wheat Rolls — Substitute whole wheat flour for half of the all-purpose flour.

