



## My Rolls Are Cool!

### Frozen Cinnamon Rolls, Dinner Rolls and Pull-Apart Sticky Buns

#### a Chef Tess Bakeresse™ Cooking Class

What's not to love about freezer rolls? They're amazing to have on hand. Usually however, the rolls you get at the grocery store are not only loaded with extra additives and preservatives, they're also not as convenient as they could be. I'm not a fan of having "convenient" rolls that have to raise on my counter for 3 hours. Well. Problem solved. These rolls today go directly from freezer to oven. Period. No need to raise on the counter. They're ready to bake!

#### Why use freezer rolls:

- Fast and convenient
- Control the ingredients (food allergies like oils and chemicals)
- Gift giving
- New mothers and Hospice care
- Plan ahead for large events/bake sales
- Sleep in!

#### Recipes:

#### Perfect Freezer Friendly Cinnamon Rolls

1 1/2 c water (no hotter than 110 degrees)  
2 tsp active dry yeast  
2 T sugar (1T honey)  
4 1/4 c Honeyville all purpose flour (whole wheat Mountain Mills works as well)  
1 1/2 tsp salt  
6 T oil  
3T Honeyville Whole Egg powder

**Directions:** Combine everything in one large bowl or mixer. I like that. Knead 5 minutes by hand or 3 minutes in a mixer on medium setting. This is a less developed dough as far as gluten is concerned. Form into a ball and place in a bowl covered with plastic or a lid for 1 hour, or until doubled in size. Take out of the bowl and place on a floured table or counter top. Roll into a rectangle, 2 feet long by one foot wide. It will be about 1/2 inch thick. Make sure you lift the dough a couple times and dust underneath with more flour so it doesn't stick to the table. You will need *1/2 c Honeyville butter powder (combined with 1T warm water until smooth), 1/2 cup sugar and 2 T Chef Tess Wise Woman of the East Spice Blend*. Spread the butter mixture over the dough in a light coating. Leave about 1 inch on the ends and sides that doesn't have butter and/or sugar mixture. It will help the rolls seal better. Combine the sugar and cinnamon and sprinkle generously over the cinnamon roll dough, covering the butter. Now roll them up tightly. Pinch seam tightly. Slice the roll into 12 pieces. Place on a parchment lined sheet pan 2 inches apart. Now...lightly mist the tops of the rolls with oil and cover with a loose fitting piece of plastic wrap. Well...you are going to have to raise the rolls completely, about 45 minutes to an hour. Then instead of baking, place sheet pan in freezer and freeze solid (about 1 hour). Now you can keep these up to one month! When frozen and ready to bake you take these out of the freezer and remove from the zippy bag... Place frozen rolls on a lightly oiled pan 1/2 inch apart and bake 375 degrees 25-30 minutes. Remove from pan and cool. We usually can't wait to frost them and then the cream cheese frosting melts all over the table in pools of sweet buttery bliss.

#### Cream Cheese and White Chocolate Orange Frosting

3 1/2 c powdered sugar 1/2 c butter, softened 8 oz cream cheese, softened 6 oz white chocolate\*, melted and cooled 1/2 t orange extract 1 T orange zest  
Chop the white chocolate and melt in the microwave. Start with 30 seconds then stir and microwave in 10 second increments until nearly melted. Stir until remaining small chunks melt entirely. Set aside to cool. In the bowl of an electric mixer fitted with the paddle attachment, beat the butter until it is completely smooth, with no visible lumps. Add the cream cheese and beat until combined. Add the powdered sugar and orange extract and beat until smooth. Gently fold in the white chocolate and the orange zest. Do not over beat the filling, or it will lose structure. (The filling can be made 1 day ahead. Cover the bowl tightly and put it in the refrigerator. Let the filling soften at room temperature before using.) \*Please use real white chocolate. White "confection," "dipping chocolate," "bark," or "morsels" will not work. You know it's white chocolate if in the ingredient list you see cocoa butter. If you can't find white chocolate, it's better to leave it out than to use the fake stuff.

## Dinner ROLL DOUGH, CHEF TESS FREEZER TO OVEN-READY

This recipe yields 24 rolls, and yes, can easily be doubled.

Combine: 1 1/2 c water (no hotter than 110 degrees) 2 tsp active dry yeast 3 T Honeyville dehydrated honey 4 1/4 c Honeyville baker's flour (Bread flour or Mountain Mills whole wheat works too) 2 tsp salt 6T oil 3 T Honeyville whole egg powder

**Directions:** Combine everything in one large bowl or mixer. I like that. Knead 5 minutes by hand or 3 minutes in a mixer on medium setting. This is a less developed dough as far as gluten is concerned. Form into a ball and place in a bowl covered with plastic or a lid for 1 hour, or until doubled in size. Punch down dough and divide into 2 pieces. I kind of put them in a log form. this helps to keep things pretty even. You can get science-like and weigh the dough and then divide it into 24 equal portions, Divide the two logs in half again, so you have 4 logs. Each one will get cut into 6 pieces. See...you will have to use a little math, but I think you can handle it. I really do. Now, lightly (I do mean lightly) dust the counter top with a little flour...just a little. We don't want the rolls sticking too much. On the other hand, we don't want so much flour that they just roll all over the place. The point is, we want a little tacky stuff so they form correctly. Take the dough piece and pinch the sides together...Then turn it over so the pinched side is down. I keep a combination of what I call "everything bagel topping". It's basically 1/4 c sesame seed, 1/4 c poppy seeds, 2 T kosher salt, 2 T dry onions, 1T dehydrated minced garlic. If desired, roll each roll in this mixture and place 1 inch apart on a greased pan that will fit in

your freezer. Allow to raise at room temperature, uncovered for 35-40 minutes, until the rolls are touching if originally placed 1/2 an inch apart. Cover with foil and place in the freezer. Keep frozen up to one month.

Removing them from a pan once frozen and placing directly in a freezer bag will save space in your freezer...big time! **When you want fresh rolls**, preheat oven to 375 degrees. Remove pan from the freezer.

Important note...don't place glass pans directly from the freezer to the oven, they will shatter. If you keep rolls frozen in freezer bags, place frozen rolls on a greased pan and then place in the oven. Bake 375 degrees 20-25minutes until golden brown. Try not to eat them all in one sitting...alone.

## Pull Apart Bread, Cream Filled Evil Genius

### Cream Cheese Filled Caramel Pull Apart Bread (Freezable)

Yes, I know. It's evil. Don't blame me, it was my sister Auntie Em's idea to stuff the caramel nut pull apart monkey bread with a wicked cream cheese filling.

### *Auntie Em's Caramel Nut Pull Apart Bread, Cream Filled and freezable EVil Genius*

**Dough:** 1/4 c warm water

1 T active dry yeast

4-1/4 to 4-1/2 c all-purpose flour

1/3 c sugar

1/2 tsp salt

1 cup water

1/3 c honeyville butter powder

2T whole egg powder

**Caramel Topping:** 1 c brown sugar OR dehydrated honey, 1/2 chopped pecans, 1/3 c Corn Syrup, 1/4 c butter, melted **Cream**

**Filling:** 1 package (8 oz) cream cheese, softened 1/2 c shredded coconut (okay...how evil is that?!) 1/4 c powdered sugar 2 T butter, softened 1 tsp vanilla

**Directions:** Combine water and yeast in a small bowl; set aside. Combine 2 c flour, sugar and salt in large mixer bowl. Add water to yeast mixture and to dry ingredients. Beat 30 seconds on low speed to blend;beat an additional 2 minutes on medium speed. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 5 to 6 minutes. Place in a greased bowl, turning once to coat. Cover and let rise in a warm, draft free place until nearly doubled, about 1 to 1-1/2 hours. (Note: this rich dough rises slowly, and probably will not double). Combine all caramel topping ingredients together. Grease two 9-inch round cake pans. Spread half the topping in the bottom of each pan. Combine all cream filling ingredients and beat until well mixed; set aside.Punch dough down and divide into 20 equal pieces. Cover and let rest 10 minutes. Flatten each piece of dough into a small circle, about 4 to 5 inches in diameter. Place a scant T of cream filling in the center. Pinch edges of dough together and form into a ball; It looks like a little cheese tortellini. Place in prepared pans, pinched side down, 10 rolls per pan. Cover and let rise until doubled, about 30 to 45 minutes. Yes, let them raise before freezing! That is the secret! **(if freezing, put in freezer at this point. To prepare pull from freezer straight to the oven and add 20 min to bake time for room temp dough)** Bake at 350°F for 25 to 30 minutes or until deep golden brown (45-50 minutes from frozen). Cool on rack for only 1 minute; invert onto serving platters. Remember, allow to cool only one minute before inverting onto a platter. Be careful, it's hot and that goo is delicious...but not in a molten mass attached to your arm. Oh my stars!

### **Caramel Sticky Buns with Lemon Infused Cream Cheese and Apple Filling**

Add *1 T fresh lemon zest and one cup Honeyville Freeze Dried Apples (hydrated and drained)* to the filling. Instead of using chopped nuts, place 10 whole pecans right on top of the caramel topping. Raise and Freeze. Bake according to the directions.

### **Orange Sticky Bun with a Chocolate Cream cheese filling**

*omit the nuts in the recipe, add 1T fresh orange zest to the caramel topping mixture.* When you make the cream cheese filling, *add 1 tsp rum extract.* You will need *4-6 ounces of dark wonderful quality chocolate, chopped into small pieces.* When you stuff the buns, put a tablespoon of chopped chocolate on top of the cream cheese. Wrap and fold as usual. I added cherries in between the rolls. Raise and freeze. Bake according to the directions.

### **Pesto and Black Pepper rolls stuffed with Blue Cheese**

On the bottom of the pan I spread *1/4 cup prepared basil pesto or Sundried Tomato pesto.* Crack 1 to 2 Tsp fresh black pepper over the pesto. For the filling of the buns I used *1T crumbled blue cheese.* You may also add adding *a clove or two of roasted garlic* or some kind of other savory filling item like Honeyville freeze dried bell peppers.

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