



Roll With It Baby! The Dinner Roll 101

By Chef Stephanie Petersen

As a pastry chef I have enjoyed a lot of great experience baking rolls in large scale bakery settings. Bringing those skills home has been very helpful when making larger batches of rolls for family gatherings or for making on any given night of the week. Today I hope to empower you with a few methods that I've found useful. Many of the methods will be in visual tutorials. I am including 3 in this paperwork.

We will be covering:

- Basic dough handling techniques/Tutorial
- Portioning
- Forming Rolls
- Baking Right
- Storage
- Recipes for Freezer Rolls and Basic Rolls

Crescent Rolls: I Cut into 12 rectangles as pictured:



With clean cool hands, remove one of the rectangles. Pull out the long angle tip of the rectangle and the short angle tips as so:



Gently roll the dough, starting with the shorter end, while gently pulling the longer end.



Continue to roll until the entire length of the rectangle has been coiled around the shorter ends of the rectangle.

You can either pull out the short ends and tuck them under the coil, or leave them straight out. I like to tuck.

Place crescents 2 inches apart on a parchment lined baking sheet. Place pan in a COOL oven and spray lightly with water. Allow to raise about 1 hour, spraying every 20 minutes or so. Remove pan from oven. Preheat oven to 400 degrees. Whisk one egg with a pinch of salt until very well blended. With a pastry brush, lightly coat the croissants with egg wash. Bake 25-30 minutes in hot oven. ©2011 Chef Stephanie Petersen. All Rights Reserved. Copies permitted for/by Honeyville retail store locations. Do not copy without contact information stephanie@chefdessbakeresse.com and blog information:

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Bear Buns! These are rolls I have enjoyed since I was a child. I have many fond memories of Christmas and other holidays with these sitting on the kitchen table. Mom would take them to friends in a basket covered with a cloth, still warm. Then she'd ask the lucky recipient, "Do you want butter or jam on your bear buns?" Now if one had never had mom's buns before, they'd usually laugh hysterically when she uncovered the buns. It was a lot of fun. Now you see where I get a bit of my zany food humor right? I have included several recipes that work for these rolls. Most often I will use two portions (2/5) of the 5 day bread dough or the 5 day sweet roll dough to make them. Most dough will work for them. Chocolate sourdough, chocolate yeast raised dough, yeast raised gingerbread and even peasant rye dough will give you a dark brown bear. They're great for sandwiches and anytime.

So, with the dough, I divided it into 3 balls. Two of the balls I divided into 3 each so I got six rolls. Does that make sense. I wasn't very good at math. Roll the six balls into buns and place on a stoneware pan, lightly covered with cornmeal. The remaining ball, I divided in half. One half I used for 12 ears. Look how random this picture is of little dough blobs on my counter. Very sheik. I know. Those 12 little blobs became bear ears. Like rabbit feet. Lucky. The other six, became the snout. Snooty dough balls

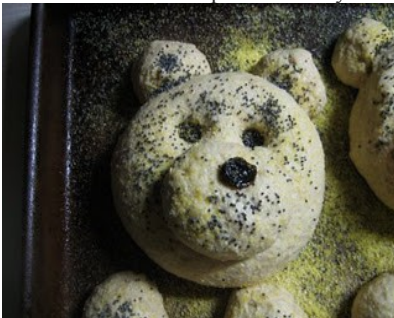


Then I added raisins for eyes and a nose. I lightly mist them with water and allow them to raise. It took a little over an hour before I could really poke their eyes out...or IN... I should say. It's a wonder they can even see with those little raisin eyes anyway. What am I saying? I think I have been spending way too much random mommy time!



I then mist them again with a little more water. Hose them down so they don't misbehave. Crazy Kung Fu bears. Sprinkle them with a little more cornmeal and some poppy seeds...Ohhh my gosh! Sooo cute!

Cute. Cute. Cute. I admit it. I am now part of the subculture of cute stay at home mom's who does a food blog...with cute stuff. Oh cute. If I didn't think I would puke from my own cuteness, I'd say cute again. AArrrrgh! I've done it now!



How can I help it?! Oh yeah, bake 350 degrees 30-35 minutes. When cool pose them with a fluffy white stuffed animal...like a toy panda (because that is what the cute subculture of insane mom food bloggers would do).

I think they taste cute too.

Freezer Rolls

It's taken a while to find a method I liked and one that fits my family needs. So, I did use white flour this time because well...I actually prefer dinner rolls made of white flour. We don't do them very often. You can use whole wheat as well, just adjust the liquid by adding about 1/2 cup more water or milk. This is a recipe that I developed using food storage and we have had great success with it and it's outcome. It's a very versatile dough just sweet enough for rolls that are either savory or sweet. Some we did with "everything bagel" topping, some we did with cinnamon and sugar. Yes...they all came out superb. As a bonus we also made some into pizza bites, just to see if the dough would lend itself to freezer friendly ready to bake pizza muffins. Yes...it did wonderfully there too! So haaazaaa!! We have a winner!!

Chef Tess Freezer to Oven-Ready Roll Dough:

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

Combine:

1 1/2 cup water (no hotter than 110 degrees)

2 tsp active dry yeast

3T Honeyville dehydrated honey

4 1/4 cups Honeyville all purpose flour (whole wheat works too)

2 tsp salt

6T 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. 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 cup sesame seed, 1/4 cup poppy seeds, 2T kosher salt, 2T dry onions, 1T dehydrated minced garlic.

You want the dough balls to look like they have a skin holding them together. Like this picture below. Place the rolls on a pan lined with parchment paper (or a freezer friendly pan for easy make and bake). If you use metal pans, you don't have to worry about the glass shattering going from the freezer to the oven. I may mention that again. ©2011 Chef Stephanie Petersen. All Rights Reserved. Copies permitted for/by Honeyville retail store locations. Do not copy without contact information stephanie@cheftessbakeresse.com and blog information: www.cheftessbakeresse.com



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 pan and then place in the oven. Bake 375 degrees 20-25 minutes until golden brown.

Try not to eat them all in one sitting...alone.

There you go.

Recipes:

Food Storage COTTAGE DILL ROLLS

1/2 c warm water (under 110 degrees) 2 T sugar 1 tsp dry yeast, 3/4 cup small curd cottage cheese (homemade or reconstituted freeze dried), 2T whole egg powder 2 T Honeyville dehydrated green onion 1 1/2 tsp dry dill, 1/2 t baking soda 2 c AP flour **egg wash:** 2T whole egg powder, 1/4 cup water, whisked well. Real kosher salt

Proof the yeast, water and sugar in a small bowl for 5 minutes. In a large bowl, mix together the cottage cheese, egg, onion, dill, and baking soda. Add the yeast and mix. Add the flour and knead until you have a firm but smooth dough. Let double in size. Form into 2 oz balls and let rise again. Mix the egg and water or milk or cream together to make an egg wash. Paint the rolls and garnish with a good amount of kosher salt. Bake at 350 degrees until golden brown. (It took 20 minutes in my oven, and I rotated them halfway through.)**Tess Notes:** To my whole grain bakers: Whole wheat flour can be used, I prefer White Wheat--a whole grain flour, or fresh home ground flour from hard white wheat. Do not use soft wheat as this will not give enough protein for good bread. This should yield 10-12 rolls. I bake mine on stoneware. If you want to make this into a gorgeous loaf, double the recipe. Bake 425 degrees for 15 minutes then lower to 350 for 15-20 more...or until internal temperature is over 175 degrees.

Chef Tess Honeyville 5 Day Sweet Roll Dough

2/3 cup Honeyville Instant milk
1 cup Honeyville vanilla instant pudding mix
1/2 cup Honeyville whole egg powder
3/4 cup Honeyville butter powder
3/4 cup sugar
3/4 cup olive oil
2T active dry yeast
1T baking powder
1T salt

6 cups lukewarm water (110 degrees or less)

12-13 cups Honeyville Baker's Flour

Directions: Combine the milk powder, vanilla pudding mix, egg powder, butter powder, sugar and oil in a 3 gallon food grade bucket. Add the water one cup at a time with a whisk until all water is added and smooth mixture is made. Add the yeast and baking powder along with 4 cups of flour. Mix with a wooden spoon until smooth batter forms. Add the salt and 5-6 more cups flour, kneading well after each addition of flour. Mix 5 minutes. Allow dough to rest 10 minutes. Add 2-3 more cups flour depending on how moist the dough is. Knead 3 minutes more (total kneading time 5-6 minutes on medium speed with a dough hook or 600 turns by hand). Form into a nice ball and put in an ungreased food grade bucket in your fridge overnight (at least 8 hours). Punch down. Good up to 5 days in the fridge. Yields 6 dozen medium rolls. To bake, remove dough from fridge. Form into 2 oz rolls. Place 1 inch apart on greased pan and allow to raise 1 - 1 1/2 hour at room temperature. Bake at 350 degrees 30-35 minutes (depending on the shape of the rolls). ©2011 Chef Stephanie Petersen. All Rights Reserved. Copies permitted for/by Honeyville retail store locations. Do not copy without contact information stephanie@cheftessbakery.com and blog information: www.cheftessbakery.com

TESS' Oat Rolls

Combine: 3 c rolled oat 2 1/2 c water or milk no hotter than 110 degrees
1/2 c honey 1/4 c olive oil 2 tsp yeast

Allow oats to absorb the water and the yeast to get hyper active. This usually takes about 30 minutes. On the plus side, this softens the oats without cooking the starch. The main difference between using cooked oat and uncooked oats. Starch will still cook, but not be gummy. Tender loaf.

Oats...soft...good. Add **3 cups whole wheat bread flour, 1T salt**. You may need more or less flour depending on the storing conditions of the flour. I usually opt for less flour whenever possible. It makes a pretty stiff dough. I knead by hand in the bowl and avoid using too much flour. 300 turns if you can do. You can use a mixer. 3-4 minutes medium speed. Form into a ball and allow to raise until doubled. Allow the dough to raise then use the roll molding techniques. This will yield 24 rolls. In the case of this dough I have found steaming the rolls in a covered clay crock to be by far, my favorite application. Lightly oiled and then free standing large double loaf using all the dough. Allow rolls to raise until twice their size and very fluffy. Bake in oven pre-heated to 425 degrees 30-35 minutes (or until internal temperature reaches 170 degrees Fahrenheit). Allow to cool before slicing. These rolls you will find to be very moist and have a shelf life of 3-4 days if it lasts that long. *To make this bread an Italian Sourdough use 1 cup [sourdough starter](#) in place of 1 c of the water and add 1/4 c more water if necessary. I also use basil infused oil in place of the oil and 1 T minced garlic, 1T minced fresh rosemary, and 1/4 c minced fresh Italian parsley. Mix all the herbs into the dough in the beginning.*

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5-DAY REFRIGERATED BREAD DOUGH, GENEVE'S

2 T active dry yeast (over 3000 feet use 1 T only) 4 c milk, cold is best (cold soy milk is wonderful!) 3/4 c honey 1T salt 4 eggs (or 1 c egg replacement) 3/4 c oil 1 1/2 c mashed potatoes. cooled to body temp again. The consistency of thick oatmeal. 1T baking powder 2 c whole wheat flour 12-14 cups all purpose flour (I have used fine ground white wheat and been fine doing all whole grain, use only 12-14 cups total if whole wheat is used)

Directions. Dissolve yeast in milk. Stir in honey. Allow yeast to get all foamy and look like it is having a hay day. Add egg, oil, mashed potato, baking powder, 2cups whole wheat flour, 2 cups all purpose flour and salt, in that order. Do not let yeast come in contact with salt on it's own or it will kill the yeast. Beat until smooth. Allow dough to rest 10-15 minutes. Add enough of the flour remaining to make a soft dough that is easy to handle but not dry. Turn dough onto a lightly floured surface and knead 10 full minutes. about 600 turns. Yea. 600 by hand. 5-6 minutes by machine on medium speed. Form into a ball and place in an ungreased **2gallon bowl**, covered tightly. If you don't have a large enough bowl...use two smaller bowls. Or...just half the recipe if you are worried. Put in the fridge. Punch down after 2 hours (this may be faster if you use warm ingredients or flour. If the dough is over 85 degrees when you put it in the fridge, be sure to punch down sooner) Form into a ball again. Cover tightly and chill at least 8 hours. Be sure to punch down daily (this not only expels gas, but also ensures even temperature in the dough). Shape into 4 loaves...see [loaf molding](#) (I roll the dough out 12 inches by 8 inches, fold into thirds and roll into a loaf) and put into well oiled 8inch by 4 inch by 4 inch loaf pans. Larger loaf pans are not recommended. Cover loaves with a light mist of oil and then cover with plastic for 1 1/2 to 2 and 1/2 hours depending on the temperature of your home. Bread will be just over the top of the pan. Make sure oven is pre-heated! 400degrees. Bake at 400 degrees for (12-15 minutes for over 3000 feet altitude) 20 minutes, then lower the temperature to 350 degrees and bake an additional 15- 20 minutes (I use a meat thermometer. At 170 degrees the bread is baked through). ©2011 Chef Stephanie Petersen. All Rights Reserved. Copies permitted for/by Honeyville retail store locations. Do not copy without contact information stephanie@cheftessbakery.com and blog information: www.cheftessbakery.com

GINGERBREAD, ORANGE YEAST RAISED

6 c high gluten bread flour (whole wheat is okay--if you use whole wheat, increase liquid by 1/2 cup) 1/2 c dark molasses 1/2 c melted butter 1/2 c sugar 1 T active dry yeast 1 T baking powder 1 tsp salt 1 T Wise Woman of The East Spice Blend or 2tsp cinnamon, 1 tsp ground ginger 1/4 c minced candied ginger 1 T anise seed zest of 1 orange 2 c water (75-80 degrees) 1 tsp rum extract 1 tsp brandy extract

Combine molasses, water, melted butter, yeast, sugar and extracts in a medium size bowl. In a bread mixer combine the flour, ginger, anise seed, zest, salt and spice blend. Add the liquid mixture and lightly combine by hand until moistened. Attach dough hook. On low speed, mix the dough 4-5 minutes until elastic and smooth. Remove hook and form into a ball. Place in a covered bowl in a warm place and allow to raise (dough at 80 degrees it takes about 1 1/2 hours). Expel the air from the dough and form into loaves (or I love this dough as cinnamon rolls. It will make 2 dozen small rolls). This will make two loaves. Place in greased 8 inch by 3 inch pans. Cover with plastic or place in a proof box. Allow to raise until dough is about 1 inch above the top of the pan. 45 minutes or so. Preheat oven. Bake 350 degrees 45-50 minutes until 165 degrees internal temperature. Remove from pans immediately and cool. Glaze with icing or decorate as desired.

Slice and serve or use as a lovely base for incredible French toast.

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