

Using Nonfat Milk Solids- Part III

# *Yeast Bread and Rolls*



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*Home economists at the University of Missouri have continued work on the use of nonfat milk solids in home-prepared foods, with special emphasis on yeast leavened products. This is the third in a series of bulletins published under project No. 130, "Studies to Promote Utilization of Processed Food and Food Improvers."*

*The purpose of the study reported in this bulletin was to incorporate a high percentage of non-fat milk solids into bread recipes for added nutritive value without altering the acceptability of the product.*

*The authors wish to express appreciation to the students who helped in recipe testing and to the Home Economics staff who cooperated in palatability testing.*



# Using Nonfat Milk Solids- Part III

## Yeast Bread and Rolls

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**Using nonfat milk solids in home baking gives extra nutritional benefits, requires some special techniques.**

**F**OR MANY YEARS man has considered bread basic for his existence. It is the most economical food source of energy.

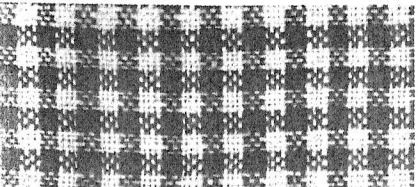
Even homemakers who can buy fresh bread daily still enjoy making their own bread and rolls . . . and surely no husband or child could ask for a warmer welcome home from work or school than the fragrance of homemade bread.

Because of the increasing stress on the importance of milk and milk products in diets for all ages, home economists are developing new ways of using nonfat milk solids in home prepared foods. Since many people do not drink enough fluid milk, the use of nonfat milk solids in food preparation helps meet the family's

daily diet needs.

One effective way for the homemaker to use this product is in various yeast breads and rolls, since nearly everyone likes homemade bread fresh from the oven.

To insure satisfactory yeast bread products, the homemaker must use a well-balanced recipe, fresh ingredients, and accurate measurements. She must mix properly and follow proper baking procedures. The recipes in this bulletin are designed especially to incorporate a high percentage of nonfat milk solids into breads for added food value without affecting the texture or flavor of the finished product.



## *Ingredients for Good Bread*

The basic ingredients for yeast breads or rolls are flour, liquid, yeast and salt. Other ingredients which add food value, flavor and variety are sugar, fat, eggs, spices, fruits and nuts. High quality ingredients are essential for a good baked product.

### **FLOUR**

Flour is an essential ingredient for bread. A good bread flour should have a high percentage of protein and be of such quality that when a liquid is added it will form a strong elastic gluten with good gas-retaining properties. Wheat is the only grain which produces a flour of this nature. It may be used alone in bread or for variety combined with other flours such as rye, oats, rice or buckwheat. The texture and volume of these breads are not as good as those made with all wheat flour. Enriched flour increases the nutritive value of bread.

### **LIQUID**

Liquid is important for the development of gluten. Water is generally used when the recipe includes nonfat milk solids.

### **NONFAT MILK SOLIDS**

In yeast breads, nonfat milk solids adds calcium, phosphorus, protein and some carbohydrates. Two to three times as much milk solids may be used as is contained in the amount of fluid milk the recipe would carry. This increases the nutritive value of the bread.

Another advantage of using nonfat milk solids is economy. The cost is about one-third as much as the equivalent in fluid milk.

Nonfat milk solids is high in milk sugar, causing products to brown quickly. Therefore, the oven temperature must be lower for baking yeast breads containing milk solids than for those using fluid milk.

### **YEAST**

Yeast is the source of leavening in yeast breads and rolls. There are two forms—dry, and moist or compressed yeast. The compressed yeast should be gray in color. It is perishable and should be kept in the refrigerator. Dry yeast may be in granular or cake form. It is less perishable and need not be refrigerated. One package of dry yeast is equivalent to one cake of compressed yeast in any recipe.

Soften yeast in a small amount of water before combining it with other ingredients. Compressed yeast softens in lukewarm water (80-85° F), but dry yeast softens more readily in slightly warmer water (85-90° F).

To test the yeast for freshness before using put it in lukewarm water, stir slightly and let it stand about ten minutes. The yeast should come to the top and have a soft, velvety appearance. If this condition does not occur, try adding about  $\frac{1}{4}$  teaspoon sugar or more yeast. If there is still no activity, get a new package of yeast.

### **SALT**

Salt added to bread improves the flavor and affects fermentation by controlling the growth of yeast. Too much salt inhibits the growth of yeast and causes a compact loaf. Too little allows the yeast to grow rapidly, causes a coarse texture and produces an unevenly shaped loaf.

### **SUGAR**

Sugar adds to the flavor and improves the texture of the bread. It provides quick food for growth of yeast and affects the rate and amount of browning.

### **FAT**

Fat affects flavor and texture. It has a tenderizing effect.

### **EGGS**

Adding eggs to a recipe produces a finer grained product and increases the nutritive value. Eggs also enhance flavor and color.

### **SPICES**

Spices may be added to a recipe to suit the individual taste. They may be increased, decreased or omitted without affecting the product except for flavor.

### **FRUITS AND NUTS**

Fruits and nuts add nutritive value and flavor to yeast breads. They make the mixture heavier and more difficult to leaven. When they are included in a recipe, increase the rising time or use extra yeast.

## Methods in Mixing

There are three methods commonly used for making bread and rolls. The first of these is the *straight dough method*. It is simple and easy to use and produces good bread. It needs only one mixing. When all the ingredients are combined and the dough is kneaded, put it in a warm place to rise until it doubles in bulk. Then it is ready to shape into bread or rolls.

Another method is the *sponge method* which requires two mixings. Combine liquid, yeast, and enough flour to make a thin batter. This mixture is called the sponge. Set it aside in a warm place to ferment. When the surface becomes bubbly and the mixture appears to be light, add the remainder of the flour and other ingredients to make the dough. Knead, and put it in a warm place to rise until double in bulk. It is then ready to form into loaves or rolls. This method re-

quires less yeast, since the sponge offers more favorable conditions for the growth of yeast plants.

Yeast breads may be prepared quickly by the *batter method*. Because this is a quick method, the yeast is increased. Because it is a batter, the flour must be decreased.

Combine the ingredients and blend them well. Then place the batter in muffin tins or pans, allow it to double in bulk and bake. However, the texture will be finer if the batter is allowed to rise in the bowl, then stirred to disperse the air evenly and finally placed in the pans to rise a second time before baking.

The straight dough and sponge methods will produce bread or rolls of finer texture than the batter method.

## Rising and Baking Temperatures

Yeast will be more active and the final bread product more satisfactory if the dough is allowed to rise in a warm, moist place. A good temperature is about 28°C or 82°F.

When the amount of nonfat milk solids is increased in a baked product, lower the baking temperature and increase the baking time as shown in the fol-

lowing table. Use the temperature-time guide for any breads containing nonfat milk solids.

The nonfat milk solids causes the product to brown quickly. Check the bread after one-half the baking time. If it is then a light brown, cover it with aluminum foil for the remaining baking time.

BAKING TIME AND TEMPERATURES FOR YEAST BREADS

Type of product	Products containing fluid milk		Products containing nonfat milk solids	
	Temperature	Time	Temperature	Time
Large loaves	375-400°F.	40-45 min.	350°F.	45-55 min.
Small loaves	400°F.	30-40 min.	350°F.	30-45 min.
Sweet breads	350-375°F.	40-60 min.	325°F.	45-60 min.
Rolls	400-425°F.	12-20 min.	350-375°F.	12-25 min.
Sweet rolls	375-400°F.	15-25 min.	325-350°F.	12-30 min.

## Storing Bread

For a short time, it is best to store bread in a moisture-proof wrapper in a closed container at room temperature. It will keep its original moisture and stay fresh for several days. Breads containing high proportions of nonfat milk solids tend to stale sooner than those made with fluid milk. Freezer storage is recommended for holding these breads more than three days.

In warm weather, bread will mold more quickly

at room temperature than if it is stored in a cooler place. However, refrigerator storage is the least desirable way to keep bread. Bread stales rapidly at refrigerator temperatures even though it retains its original moistness.

Freezing is best for long storage of breads. Cool the baked product and place it unwrapped in the freezer. As soon as the bread is frozen enough to wrap it without marring the shape, remove it from the freezer

and wrap it in moisture proof paper. Return it to the freezer at once.

When thawing baked products at room temperature, always leave them in the wrapper to prevent moisture from collecting on the surface. They may also be thawed in a slow oven (275°), when wrapped

in an oven-proof material.

Unbaked yeast products may also be stored in the freezer, though not as satisfactorily as baked goods. Yeast does not work as well as a leavening agent after freezing and thawing.

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## Bread Faults and Causes

### COARSE TEXTURE

Over-rising  
Too little flour  
Insufficient kneading  
Baking temperature too low  
Too little salt

### FAILURE TO RISE

Incorrect temperature of liquid  
(1) too hot destroys yeast  
(2) too cool retards yeast growth  
Old or inactive yeast

### STREAKS

Under-mixing  
Too much fat on top during first fermentation  
Flour added to fermented dough  
Dough becoming dry on top during first fermentation

### UNEVEN SHAPES

Improper shaping  
Over-rising  
Too little flour

### TOUGH CRUST

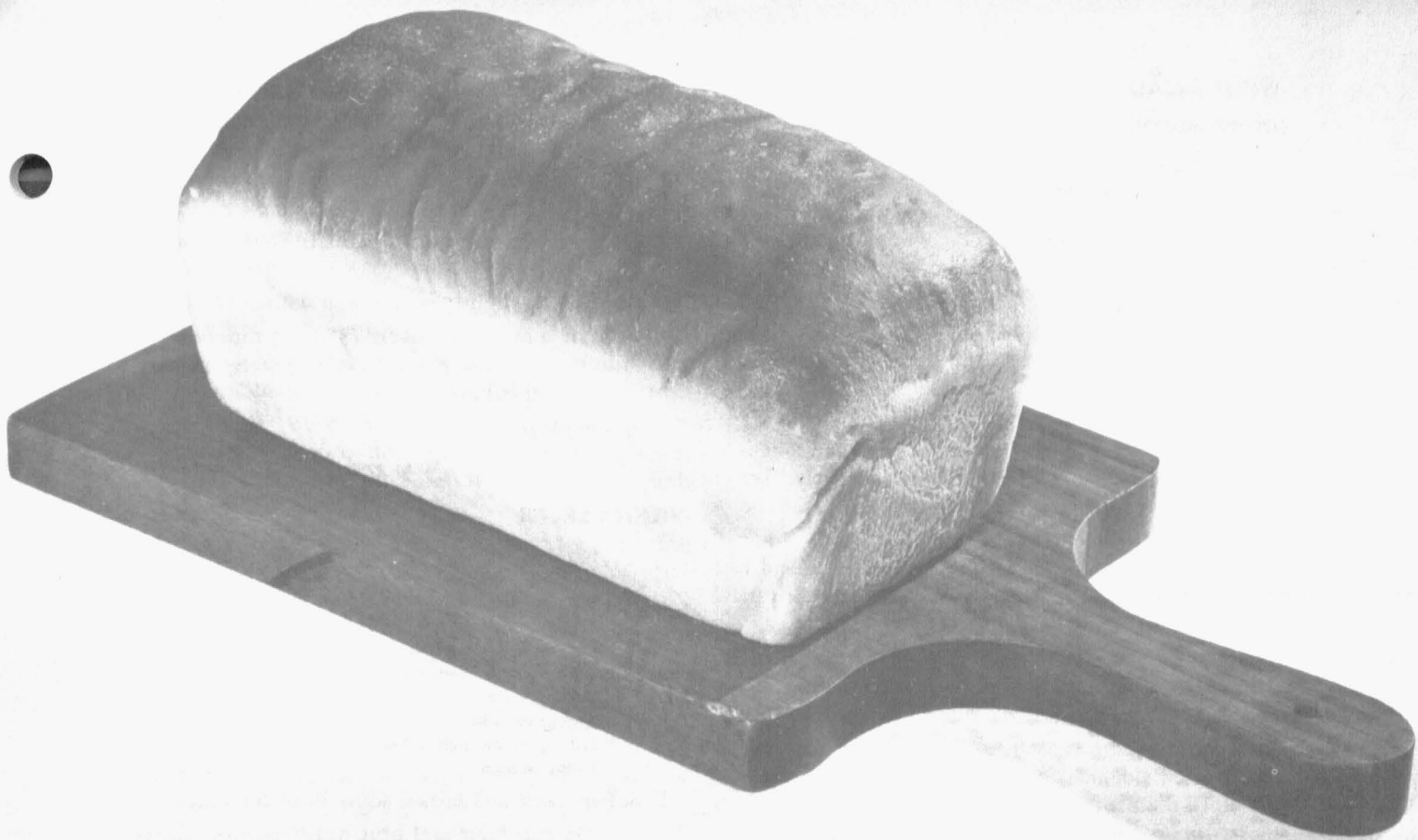
Too little shortening  
Too much flour  
Over-baking

### STRONG YEAST ODOR OR FLAVOR

Under-rising  
Too high proportion of yeast

### LARGE SURFACE BUBBLES

Insufficient kneading after rising, before shaping  
Insufficient baking



## Breads

What fun to surprise the family with fresh homemade bread! There are many varieties to choose from—white, whole wheat, rye, oatmeal, peanut butter. . . . Or perhaps homemade pizza, easy and so much better than packaged or frozen pizza. For after-school snacks,

tempt the children with the unusual flavor of shredded wheat-grapenut bread. German brown bread lends “old country” atmosphere with its combination of rye, wheat, and oat flavors.

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### WHITE BREAD

#### (STRAIGHT DOUGH METHOD)

- 1 package yeast
- 1/4 cup warm water
- 1 1/2 tablespoons sugar
- 1 1/2 teaspoons salt
- 2 tablespoons shortening, melted
- 1 1/4 cups water
- 1/2 cup nonfat milk solids
- 4 1/2 cups sifted all-purpose flour, approximately

1. Soften yeast in warm water.
2. Combine sugar, salt, shortening, and water.
3. Combine nonfat milk solids and 2 cups flour. Add to the above mixture. Add softened yeast. Beat until smooth.

4. Add remaining flour gradually to make a soft dough. Turn out on a lightly floured pastry cloth and knead until surface of dough is smooth.
5. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
6. Turn out on a pastry cloth. Knead. Shape into a loaf. Place in a greased loaf pan 8 1/2 x 5 x 2 1/2 inches.
7. Cover and let rise until double in bulk (about 30 minutes).
8. Bake in a moderate oven (350°F) for about 40 minutes.

Yield: One large loaf

## WHITE BREAD

### (SPONGE METHOD)

- 1 package yeast
- 1/4 cup warm water
- 6 1/2 cups sifted all-purpose flour, approximately
- 1 3/4 cups water
- 3 tablespoons sugar
- 2 teaspoons salt
- 1 cup nonfat milk solids
- 2 tablespoons shortening, melted

1. Soften yeast in warm water.
2. Combine 3 cups flour, remaining water, and softened yeast. Beat until smooth. Cover tightly. Let stand at room temperature 6 to 24 hours. The sponge will become bubbly and light.
3. Sift together sugar, salt, nonfat milk solids, and 1 cup flour. Add to the sponge. Mix well. Stir in the melted shortening.
4. Gradually add the remaining flour to make a soft dough. Turn out on a lightly floured pastry cloth and knead until surface of dough is smooth.
5. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
6. Turn out on a pastry cloth. Shape into 2 loaves and place in greased loaf pans 8 1/2 x 5 x 2 1/2 inches.
7. Cover and let rise until double in bulk (about 45 minutes).
8. Bake in a moderate oven (350° F) for about 50 minutes.

Yield: Two loaves

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## GREEK BREAD

- 1 package yeast
- 1/4 cup warm water
- 1 tablespoon honey
- 3/4 teaspoon salt
- 1 tablespoon shortening, melted
- 3/4 cup water
- 1/2 cup nonfat milk solids
- 3 3/4 cups sifted all-purpose flour, approximately

1. Soften yeast in warm water.
2. Combine honey, salt, shortening, and remaining water.
3. Combine nonfat milk solids with 1 1/2 cups flour. Add to the above mixture. Add softened yeast. Mix thoroughly.
4. Add remaining flour gradually to make a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
5. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place

until double in bulk (about 30 minutes).

6. Turn out on a pastry cloth. Knead. Shape into a round flat loaf and place on a greased baking sheet or form into an oblong loaf and place in a pan 8 1/2 x 5 x 2 1/2 inches.
7. Cover and let rise until double in bulk (about 30 minutes).
8. Brush with slightly beaten egg white.
9. Bake in a moderate oven (350° F) for about 40 minutes. Place a pan of boiling water in oven while bread bakes.

Yield: One loaf

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## VIENNA BREAD

- 1 package yeast
- 1 tablespoon brown sugar
- 1/4 cup warm water
- 3 1/2 cups sifted all-purpose flour, approximately
- 2 tablespoons shortening, melted
- 3/4 cup water
- 1 teaspoon salt
- 1/2 cup nonfat milk solids
- 1 egg, beaten

1. Soften yeast and brown sugar in warm water.
2. Add 1/2 cup flour and beat until smooth. Cover. Let ferment 45 minutes.
3. Add shortening and 3/4 cup water.
4. Combine salt, nonfat milk solids, and 1 cup flour. Add to the above mixture. Add egg. Beat until smooth.
5. Gradually add the remaining flour until a soft dough is formed. Turn out on a lightly floured pastry cloth and knead until smooth.
6. Place in a greased bowl and turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
7. Turn out on a pastry cloth. Knead. Divide into two equal parts. Shape into elongated loaves which are pointed at the ends. Place on a well greased baking sheet.
8. Let rise until double in bulk (about 30 minutes). Make 1/2 inch deep diagonal slashes about 2 to 3 inches apart on the loaves.
9. Bake in a moderate oven (350° F) for 30-40 minutes. Place a pan of boiling water in the oven during baking for a crusty product.

Yield: Two loaves

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## WHOLE WHEAT BREAD

- 1 package yeast
- 1/4 cup warm water
- 2 tablespoons sugar
- 1/4 cup brown sugar



- 2 teaspoons salt
- 3 tablespoons shortening, melted
- 1 cup water
- 1/2 cup nonfat milk solids
- 2 1/2 cups whole wheat flour
- 2 1/2 cups sifted all-purpose flour, approximately

1. Soften yeast in warm water.
2. Combine white sugar, brown sugar, salt, shortening, and remaining water.
3. Combine nonfat milk solids and whole wheat flour. Stir into above mixture. Add softened yeast. Beat until smooth.
4. Add all-purpose flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth and knead until smooth.
5. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
6. Turn out on a pastry cloth and knead. Shape into a loaf. Place in a greased loaf pan 8 1/2 x 5 x 2 1/2 inches.
7. Cover and let rise until double in bulk (30-45 minutes).
8. Bake in a moderate oven (350° F) for about 50 minutes.

Yield: One loaf

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#### WHOLE WHEAT BRUNCH BREAD

- 1 package yeast
- 1/4 cup warm water
- 2 tablespoons brown sugar
- 2 teaspoons salt
- 2 tablespoons molasses
- 1 tablespoon honey (optional)
- 2 tablespoons orange or pineapple juice
- 1 teaspoon grated orange rind
- 1/4 cup shortening, melted
- 1 1/4 cups water
- 1/2 cup nonfat milk solids
- 3 cups whole wheat flour
- 1 egg, beaten
- 2 cups sifted all-purpose flour, approximately

1. Soften yeast in warm water.
2. Combine brown sugar, salt, molasses, honey, fruit juice, orange rind, shortening, and remaining water.
3. Combine nonfat milk solids with whole wheat flour and add to the above mixture. Add egg and softened yeast. Mix until smooth.
4. Add all-purpose flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth and knead until smooth.
5. Place in a greased bowl, turning once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
6. Turn dough out on a pastry cloth. Knead. Form

into 2 loaves. Place in loaf pans 8 1/2 x 5 x 2 1/2 inches.

7. Let rise until double in bulk (about 45 minutes).
8. Bake in a moderate oven (350° F) for approximately 50 minutes.

Yield: Two loaves

Variation: Shape dough into rolls if preferred.

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#### PUMPERNICKEL RYE BREAD

- 1 package yeast
- 1/4 cup warm water
- 2 1/2 cups rye flour
- 3/4 cup water
- 2 tablespoons shortening, melted
- 1/4 cup molasses
- 1 1/2 teaspoons salt
- 1/3 cup nonfat milk solids
- 1 1/4 cups sifted all-purpose flour, approximately
- 1 tablespoon caraway seed

1. Soften yeast in warm water.
2. Add half the rye flour and the remaining water. Beat until smooth. Cover and let stand 4 to 24 hours. During this time, the batter will become bubbly and spongy as it rises and falls.
3. Add shortening and molasses to the sponge. Combine and add the salt, nonfat milk solids, and all-purpose flour. Beat until smooth.
4. Blend in caraway seeds.
5. Add remaining rye flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth and knead until smooth.
6. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
7. Turn out on a pastry cloth. Knead. Shape into round or oblong loaves. Place on greased baking sheets sprinkled with corn meal.
8. Cover and let rise until double in bulk (about 40 minutes).
9. Bake in a moderate oven (350° F) for 35-45 minutes.

Yield: Two loaves

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#### RYE BREAD

- 3/4 cup potato water
- 1 tablespoon sugar
- 1 package yeast
- 1/4 cup warm water
- 1 1/2 cups sifted all-purpose flour
- 2 teaspoons salt
- 1/3 cup nonfat milk solids
- 1 1/4 cups rye flour, approximately
- 2 tablespoons molasses
- 1 tablespoon shortening, melted

1. Cool potato water to lukewarm. Add sugar.
  2. Soften yeast in warm water. Add to potato water. Add 1 cup white flour and beat well. Cover and let rise until fluffy (about 30 minutes).
  3. Combine salt, nonfat milk solids, and 1 cup rye flour. Add to above mixture. Add molasses and shortening. Mix well.
  4. Add remaining rye flour and white flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth. Knead.
  5. Put in a greased bowl, turning once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
  6. Shape into a loaf and place in a greased 9 x 4 x 3-inch loaf pan.
  7. Let rise until double in bulk (45 minutes).
  8. Bake in a slow oven (325°F) for 45-50 minutes.
- Yield: One loaf

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### CARDAMON BREAD

- 1 package yeast
- 1/4 cup warm water
- 2 tablespoons honey
- 1 teaspoon salt
- 3/4 cup water
- 2 tablespoons shortening, melted
- 1/3 cup nonfat milk solids
- 3 1/2 cups sifted all-purpose flour, approximately
- 1 egg, beaten
- 1/2 teaspoon ground cardamon
- 1 teaspoon grated orange rind

1. Soften yeast in warm water.
  2. Combine honey, salt, remaining water, and shortening.
  3. Combine nonfat milk solids with 1 cup flour. Add to the above mixture. Add egg, cardamon, orange rind and softened yeast. Beat until smooth.
  4. Add remaining flour gradually until a soft dough is formed. Turn out on a lightly floured pastry cloth. Knead until smooth.
  5. Place in a greased bowl. Turn over once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
  6. Turn out on a pastry cloth. Knead. Shape into a loaf. Place in greased pan 9 x 5 x 4 1/2 inches.
  7. Let rise until double in bulk (about 30 minutes).
  8. Bake in a slow oven (325°F) for 50-60 minutes.
- Yield: One loaf

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### GERMAN BROWN BREAD

- 1 1/4 cups boiling water
- 1 cup oatmeal
- 1/2 cup all-bran
- 1 1/2 teaspoons salt

- 1/4 cup butter or margarine
- 2 packages yeast
- 1/2 cup warm water
- 1/3 cup nonfat milk solids
- 1 cup rye flour
- 1/2 cup molasses
- 2 cups sifted all-purpose flour

1. Pour boiling water over oatmeal, all-bran, salt, and butter. Stir to melt butter. Cool to lukewarm.
  2. Soften yeast in warm water.
  3. Combine nonfat milk solids and rye flour. Add to cereal mixture. Add molasses and softened yeast. Beat until smooth.
  4. Add all-purpose flour gradually to form a stiff dough. Turn out on a lightly floured pastry cloth and knead.
  5. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
  6. Turn out on a pastry cloth. Knead. Shape into 2 loaves and place in greased 7 1/2 x 4 x 2 1/2-inch pans.
  7. Let rise until double in bulk (about 40 minutes).
  8. Bake in a slow oven (325°F) for 50 minutes.
- Yield: Two loaves

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### GOLDEN MEAL LOAF

- 1/2 cup yellow cornmeal
- 1 1/2 teaspoons salt
- 1 cup water
- 3 tablespoons shortening
- 1/4 cup molasses
- 1 package yeast
- 1/4 cup warm water
- 1/3 cup nonfat milk solids
- 3 cups sifted all-purpose flour, approximately
- 1 egg, beaten

1. Combine cornmeal, salt, and water. Heat to boiling, stirring constantly. Remove from heat. Add shortening and molasses. Stir until shortening is melted. Cool to lukewarm.
2. Soften yeast in warm water.
3. Combine nonfat milk solids with 1 cup flour. Add to mush mixture. Add egg and softened yeast. Beat until smooth.
4. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
5. Put in greased bowl, turning once to bring greased side up. Cover. Let rise until double in bulk (about 1 hour).
6. Turn out on pastry cloth. Knead. Shape into 2 loaves and put in greased 7 1/2 x 4 x 2 1/2-inch pans.
7. Let rise until double in bulk (about 30 minutes).
8. Bake in slow oven (325°F) for 45-50 minutes.

Yield: Two loaves

## OATMEAL YEAST BREAD

- 1 package yeast
- 1/4 cup warm water
- 1 cup oatmeal, uncooked
- 1 cup hot water
- 3 tablespoons brown sugar
- 1 1/2 teaspoons salt
- 1 egg
- 3 tablespoons shortening, melted
- 1/2 cup nonfat milk solids
- 2 1/2 cups sifted all-purpose flour, approximately

1. Soften yeast in warm water.
2. Pour hot water over oatmeal. Add sugar and salt. Cool to lukewarm.
3. Thoroughly blend egg and shortening into oatmeal mixture.
4. Combine nonfat milk solids with 1 cup flour and add to oatmeal mixture. Add softened yeast. Beat until smooth.
5. Gradually add remaining flour to make a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
6. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
7. Turn dough out on a pastry cloth. Knead. Shape into 2 loaves. Place in greased pans 7 1/2 x 4 x 2 1/2 inches.
8. Let rise until double in bulk (35-40 minutes).
9. Bake in a moderate oven (350° F) about 50 minutes.

Yield: Two loaves

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## PEANUT BUTTER BREAD

- 1 package yeast
- 1/3 cup warm water
- 1/4 cup brown sugar
- 1 1/2 teaspoons salt
- 1 cup water
- 2/3 cup nonfat milk solids
- 4 cups sifted all-purpose flour, approximately
- 1/4 cup peanut butter
- 2 tablespoons softened shortening
- 1 egg

1. Soften yeast in warm water.
2. Combine sugar, salt, and remaining water.
3. Combine nonfat milk solids and 1 cup flour. Add to the above mixture.
4. Combine peanut butter, shortening, and egg. Blend. Add to the above mixture. Add softened yeast. Beat until smooth.
5. Add remaining flour gradually to make a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.

6. Place in a greased bowl and turn once to bring greased side up. Let rise in a warm place until double in bulk (about 1 hour).
7. Turn out on a pastry cloth. Knead. Shape into 2 loaves. Place in greased loaf pans 7 1/2 x 4 x 2 1/2 inches.
8. Let rise until double in bulk (about 45 minutes).
9. Bake in a moderate oven (350° F) about 50 minutes.

Yield: Two loaves

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## SHREDDED WHEAT—GRAPENUT BREAD

- 1 large shredded wheat biscuit
- 1/2 cup grapenuts
- 2 cups boiling water
- 1/4 cup shortening
- 1 3/4 teaspoons salt
- 1/4 cup brown sugar
- 2 tablespoons molasses
- 1 package yeast
- 1/4 cup warm water
- 1 cup nonfat milk solids
- 4 1/2 cups sifted all-purpose flour, approximately

1. Pour boiling water over shredded wheat and grapenuts.
2. Add shortening, salt, sugar, and molasses to cereal. Stir to melt shortening. Cool to lukewarm.
3. Soften yeast in warm water.
4. Combine nonfat milk solids and 2 cups flour. Add to the cereal mixture. Add softened yeast. Beat until smooth.
5. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
6. Place dough in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
7. Turn out on a pastry cloth. Knead.
8. Divide dough into 4 equal portions. Place in well-greased cans (No. 2). Let rise until double in bulk (about 45 minutes).
9. Bake in a moderate oven (350° F) for 50 minutes.

Yield: Four round loaves

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## WHEAT GERM BREAD

- 1 package yeast
- 1/4 cup warm water
- 1/2 cup wheat germ
- 1 cup boiling water
- 1/4 cup brown sugar
- 1 1/2 teaspoons salt
- 1/3 cup shortening, melted
- 1/2 cup nonfat milk solids
- 4 cups sifted all-purpose flour, approximately
- 1 egg, beaten

1. Soften yeast in warm water.
2. Pour boiling water over wheat germ. Cool to lukewarm.
3. Add brown sugar, salt, and shortening. Blend.
4. Combine nonfat milk solids with 1 cup flour and add to wheat germ mixture. Add egg and softened yeast. Beat until smooth.
5. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
6. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
7. Turn out on a pastry cloth. Knead. Shape into 2 loaves and place in greased pans 7½ x 4 x 2½ inches.
8. Let rise until double in bulk (30 minutes).
9. Bake in a moderate oven (350° F) for 45-50 minutes.

Yield: Two loaves



## PIZZA

### CRUST

- 1 package yeast
- ¼ cup warm water
- 1 teaspoon sugar
- 1 ½ teaspoons salt
- 2 tablespoons cooking oil
- ¾ cup water
- ⅓ cup nonfat milk solids
- 3 cups sifted all-purpose flour, approximately

1. Soften yeast in warm water.
2. Combine sugar, salt, cooking oil and remaining water.
3. Combine nonfat milk solids with 1 cup flour. Add to above mixture. Add softened yeast. Beat until smooth.
4. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
5. Place in a greased bowl, turning once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
6. Turn out on a pastry cloth. Knead. Divide dough into 2 equal portions. Let rest 10 minutes.
7. Roll each portion of dough to form a 12-inch circle. Place on ungreased cookie sheet. Press out with hands to 12 inches. Build up a narrow rim around edge so that filling will stay on dough.

### FILLING

- 1 cup drained tomatoes
- 1 can (6 oz.) tomato paste

- 1 teaspoon sugar
- ½ pound Mozzarella cheese, sliced
- ½ cup grated Parmesan cheese
- 2 teaspoons oregano (whole leaves)
- 1 ½ teaspoons salt
- 1 teaspoon pepper
- ½ pound link sausages, cooked, cut in rings
- 2 tablespoons cooking oil

8. Mash drained tomatoes. Combine with tomato paste and sugar. Spoon into unbaked shells. Spread evenly.
  9. Arrange Mozzarella cheese on top.
  10. Combine Parmesan cheese, oregano, salt, and pepper. Sprinkle over filling.
  11. Arrange sausages on filling.
  12. Sprinkle with cooking oil.
  13. Bake in a moderate oven (375° F) for 20 minutes.
- Yield: Two 12-inch pizzas

## *Sweet Breads*

A sweet dough can be used as the foundation for breads for all occasions. In comparison with plain dough, it has a larger proportion of fat, sugar and yeast and less flour to the amount of liquid used. Eggs may be added for flavor and texture and to produce a softer dough. This soft dough is easier to shape and gives a delicate texture. Fat makes the dough more tender and improves the flavor. Sugar may speed or retard the growth of yeast depending upon the amount used.

### ENGLISH CHRISTMAS BREAD

- ¼ cup raisins
- ¼ cup citron
- 1 package yeast
- ¼ cup warm water
- ¼ cup sugar
- ¼ cup butter or margarine
- 1 teaspoon salt
- ¼ teaspoon nutmeg
- ½ teaspoon allspice
- ½ teaspoon caraway seed
- ½ cup boiling water
- ⅓ cup nonfat milk solids
- 3 cups sifted all-purpose flour, approximately

1. Chop raisins and citron.
2. Soften yeast in warm water.
3. Add boiling water to sugar, butter, salt, and spices. Cool to lukewarm.
4. Combine nonfat milk solids and 1 cup flour. Add

to cooled mixture. Add softened yeast. Beat until smooth.

5. Blend in half the remaining flour and fruits.
6. Add remaining flour gradually to make a soft dough. Turn dough out on a lightly floured pastry cloth. Knead until smooth.
7. Place dough in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (1½-2 hours).
8. Turn dough out on a pastry cloth. Knead. Shape into 2 loaves. Place in greased pans 6 x 3½ x 2¼ inches.
9. Let rise until double in bulk (about 1½ hours).
10. Bake in a slow oven (325° F) for 1 hour.

Yield: Two small loaves



### GOLDEN CHRISTMAS BREAD

- 2 cups dried apricots
- 2 cups water
- 1 package yeast
- ¼ cup warm water
- 3 tablespoons sugar
- 1 teaspoon salt
- 3 tablespoons shortening, melted
- ½ cup water
- ½ cup nonfat milk solids
- 3 cups sifted all-purpose flour, approximately
- 1 egg, beaten
- ¼ teaspoon ground cardamon
- ⅓ cup cornmeal
- ¼ cup sugar
- ¼ cup honey
- 1 cup chopped pecans
- 1 orange rind, grated

1. Simmer apricot halves in 2 cups water until tender.
2. Soften yeast in warm water.
3. Add 3 tablespoons sugar, salt, and shortening to remaining water.
4. Combine nonfat milk solids with 1 cup flour. Add to the above mixture. Add egg, cardamon, cornmeal, and softened yeast. Beat until smooth.
5. Add remaining flour gradually to make a soft dough. Turn out on a lightly floured pastry cloth and knead until smooth.
6. Place dough in a greased bowl and turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
7. Drain juice from the apricots. Press apricots through sieve or ricer. Combine the apricot pulp with ¼ cup sugar, honey, pecans, and grated orange rind. Chill until ready to use.
8. Turn dough out on a pastry cloth. Knead. Let rest 10 minutes.
9. Roll to form a rectangle about 18 x 7 inches. Cut off approximately 2 inches from each end to



Spreading Apricot Filling



Rolling the Loaf



The Finished Loaf—Golden Christmas Bread

straighten the dough.

10. Spread dough with the apricot filling. Roll like a jelly roll to form a loaf. Place in a greased loaf pan 9 x 5 x 4½ inches.
11. The portion of dough cut from the ends will make 6-9 rolls.
12. Brush lightly with melted shortening. Cover and let rise until double in bulk. (30-45 minutes.)
13. Bake in a moderate oven (350° F) for 40-50 minutes for the loaf; 25-30 minutes for rolls.

Yield: One large loaf; 6-9 rolls

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### HOLIDAY FRUIT NUT BREAD

1 package yeast  
1/4 cup warm water  
2 tablespoons sugar  
1 teaspoon salt  
1 tablespoon shortening, melted  
1/3 cup water  
1/4 cup chopped nuts  
1/4 cup fruit cake fruits  
1/3 cup nonfat milk solids  
1 1/2 cups sifted all-purpose flour

1. Soften yeast in warm water.
2. Combine sugar, salt, shortening, and remaining water. Add softened yeast and blend.
3. Mix nuts, fruits, nonfat milk solids, and flour. Add to the above mixture. Mix thoroughly.
4. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
5. Beat batter for about 30 seconds. Put in a greased loaf pan 7½ x 4 x 2½ inches.
6. Let rise until double in bulk (about 45 minutes).
7. Bake in a slow oven (325° F) for about 1 hour.

Yield: One small loaf

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### ITALIAN CHRISTMAS BREAD

2 packages yeast  
1/2 cup warm water  
1/4 cup sugar  
3/4 teaspoon salt  
1/3 cup butter or margarine,  
melted  
1/4 cup water  
1/3 cup nonfat milk solids  
3 3/4 cups sifted all-purpose flour,  
approximately  
2 eggs  
3/4 teaspoon vanilla  
1/4 cup white raisins  
1/4 cup almonds, chopped  
2 tablespoons candied pineapple  
1/4 cup candied lemon peel

1. Soften yeast in warm water.
2. Combine sugar, salt, butter, and remaining water.
3. Combine nonfat milk solids and 1 cup flour. Re-

move a tablespoon white from eggs. Reserve for glaze. Add remainder of eggs, vanilla, and softened yeast. Beat until smooth.

4. Add 1 cup flour with fruit and nuts. Blend.
5. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth and knead until smooth.
6. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (1 hour and 20 minutes).
7. Turn out on a pastry cloth. Knead. Shape into a round loaf. Place in a greased 8 or 9-inch round cake pan. Brush with egg white.
8. Cover and let rise until double in bulk (40 minutes).
9. Brush with egg white. Bake in a slow oven (325° F) for 55-60 minutes. Cover with foil after 15 minutes of baking to prevent overbrowning.

Yield: One round loaf

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### NORWEGIAN CHRISTMAS BREAD

3/4 cup raisins  
2 oz. citron or candied fruit peel  
1 package yeast  
1/4 cup warm water  
1/3 cup sugar  
1/2 cup butter or margarine,  
melted  
1 teaspoon salt  
3/4 cup water  
1/3 cup nonfat milk solids  
3 cups sifted all-purpose  
flour  
1/2 teaspoon ground cardamon

1. Cut raisins and citron in pieces. Dust lightly with flour.
2. Soften yeast in warm water.
3. Combine sugar, melted butter, salt and remaining water.
4. Combine nonfat milk solids with 1 cup flour. Add to the above mixture. Add cardamon, fruits and softened yeast. Beat until smooth.
5. Add remaining flour in two portions, stirring after each addition. Cover. Let rise in a warm place until double in bulk (1 hour and 15 minutes).
6. Beat batter for about 30 seconds. Put in 2 greased loaf pans 7½ x 4 x 2½ inches.
7. Let rise until double in bulk (about 1 hour).
8. Bake in a slow oven (325° F) for 50 minutes.

Yield: Two small loaves

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### SWISS CHRISTMAS BREAD

2 tablespoons nuts  
1/4 cup raisins  
1/4 cup candied cherries  
2 tablespoons citron

- 1 package yeast
- 1/4 cup warm water
- 2 tablespoons butter or margarine
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon mace
- 1/8 teaspoon cloves
- 1/2 cup hot water
- 1/3 cup nonfat milk solids
- 3 cups sifted all-purpose flour, approximately
- 1 egg, beaten

1. Chop nuts and fruit.
  2. Soften yeast in warm water.
  3. Add butter, sugar, salt, and spices to hot water. Cool to lukewarm.
  4. Combine nonfat milk solids and 1 cup flour. Add to the above mixture. Add egg and softened yeast. Mix until smooth.
  5. Stir in nuts and fruits.
  6. Add the remaining flour gradually until a soft dough is formed. Turn dough out on a lightly floured pastry cloth. Knead until smooth.
  7. Place dough in a greased bowl and turn once to bring greased side up. Cover. Let rise until double in bulk (about 1 hour).
  8. Turn dough out on a pastry cloth and divide into 2 parts. Shape into loaves. Place in greased loaf pans 7½ x 4 x 2½ inches.
  9. Bake in a moderate oven (350° F) for 40 minutes.
- Yield: Two small loaves

### BUBBLE LOAF

- 1 package yeast
- 1/4 cup warm water
- 1 tablespoon sugar
- 2 teaspoons salt
- 1/3 cup shortening, melted
- 1 1/2 cups water
- 1/2 cup nonfat milk solids
- 6 cups sifted all-purpose flour, approximately
- 2 eggs, beaten
- 1 cup sugar
- 1 tablespoon cinnamon
- 1/2 cup butter or margarine, melted
- 1 cup nuts, chopped (optional)

1. Soften yeast in warm water.
2. Combine 1 tablespoon sugar, salt, shortening, and water.
3. Combine nonfat milk solids with 2 cups flour. Add to above mixture. Add eggs and softened yeast. Beat until smooth.
4. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
5. Put in a greased bowl, turning once to bring

greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).

6. Combine 1 cup sugar and cinnamon.
  7. Turn dough out on a pastry cloth. Knead. Divide into 4 equal portions. Form each portion into a long roll about 1 inch in diameter. Cut in 1 inch pieces and form balls.
  8. Roll each ball in melted butter, then in cinnamon-sugar mixture. Place in layers in a greased 10-inch angel cake pan.
  9. Sprinkle chopped nuts between layers of balls if desired.
  10. Let rise until double in bulk (about 40 minutes).
  11. Bake in a slow oven (325° F) for 50-60 minutes.
- Yield: One large loaf

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### ORANGE DATE BREAD

- 2 packages yeast
- 1/2 cup warm water
- 1 tablespoon sugar
- 1 3/4 teaspoons salt
- 2 tablespoons shortening, melted
- 3/4 cup orange juice
- 1/3 cup nonfat milk solids
- 3 1/4 cups sifted all-purpose flour, approximately
- 1 cup dates, chopped
- 1/2 cup nuts, chopped
- 1 1/2 tablespoons grated orange rind

1. Soften yeast in warm water.
  2. Combine sugar, salt, shortening and orange juice.
  3. Combine nonfat milk solids with 1 cup flour. Add to above mixture. Add softened yeast. Beat until smooth.
  4. Add 1 cup flour, dates, nuts and orange rind. Mix thoroughly.
  5. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
  6. Put in a greased bowl, turning once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 1/2 hours).
  7. Turn out on a pastry cloth. Knead. Form into 2 loaves. Put in greased 7½ x 4 x 2½-inch pans.
  8. Let rise until double in bulk. (about 1 hour).
  9. Bake in a slow oven (325° F) for 45 minutes.
- Yield: Two loaves

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### QUICK COFFEE CAKE

- 1 package yeast
- 1/4 cup warm water
- 2 tablespoons sugar
- 3/4 teaspoon salt
- 1/4 cup shortening, melted
- 1/2 cup water
- 1/4 cup nonfat milk solids

1/4 teaspoon cinnamon  
 1/8 teaspoon allspice  
 2 cups sifted all-purpose flour  
 1 egg, beaten  
 3/4 cup raisins, chopped

**RICH TOPPING**

1/2 cup flour  
 1/4 cup brown sugar  
 1/2 teaspoon cinnamon  
 1/4 cup butter or margarine

**PLAIN TOPPING**

1/4 cup flour  
 1/4 cup dry bread crumbs  
 2 tablespoons sugar  
 1/2 teaspoon cinnamon  
 2 tablespoons butter or margarine

1. Soften yeast in warm water.
2. Combine sugar, salt, shortening, and remaining water.
3. Combine nonfat milk solids, cinnamon and allspice with 1 cup flour. Add to the above mixture. Add eggs and softened yeast. Beat until smooth.
4. Add remaining flour in 2 portions, beating well after each addition.
5. Cover. Let rise in a warm place until double in bulk (about 30 minutes).
6. While batter rises prepare Plain or Rich Topping. Combine dry ingredients. Cut in butter or margarine to form a crumble mixture.
7. Add raisins to batter. Beat batter vigorously for 30 seconds.
8. Put in greased 8-inch square pan. Sprinkle with Plain or Rich Topping.
9. Let rise until double in bulk (about 30 minutes).
10. Bake in a moderate oven (350° F) for 35-40 minutes.

Yield: One cake

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**SWEDISH RUSKS**

2 packages yeast  
 1/2 cup water  
 1/3 cup sugar  
 3 tablespoons shortening, melted  
 1 tablespoon salt  
 1/2 cup water  
 1/2 cup nonfat milk solids  
 5 cups sifted all-purpose flour, approximately  
 1 egg, beaten

1. Soften yeast in warm water.
2. Combine sugar, shortening, salt and remaining water.
3. Combine nonfat milk solids with 1 cup flour. Add to above mixture. Add softened yeast and egg. Beat until smooth.
4. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth

and knead until smooth.

5. Put in a greased bowl, turning once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
6. Turn out on pastry cloth. Knead. Divide dough into 3 equal parts. Let rest 10 minutes. Shape into long loaves and place on greased cookie sheets.
7. Let rise until double in bulk (about 45 minutes).
8. Bake in a slow oven (325° F) for 50 minutes.
9. Cool. Cut in 3/4 to 1-inch slices. Slices may be cut in strips or left whole.
10. Place on ungreased cookie sheets and dry in a very slow oven (200° F) for 30-45 minutes. Allow rusks to remain uncovered to finish drying to center.

Note: Swedish hostesses serve these plain with coffee. They should be dry throughout and crisp.

Yield: Three long loaves

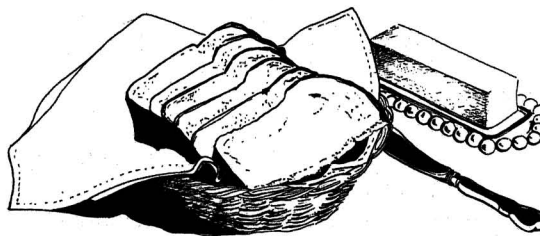
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**WHOLE WHEAT PRUNE BREAD**

2/3 cup cooked, chopped prunes  
 1 package yeast  
 1/3 cup warm water  
 2 tablespoons sugar  
 1 1/4 teaspoons salt  
 3 tablespoons shortening, melted  
 1/3 cup prune juice  
 1/4 cup nonfat milk solids  
 1 cup whole wheat flour  
 1 egg, beaten  
 1 cup sifted all-purpose flour

1. Cook prunes; seed, chop, and measure.
2. Soften yeast in warm water.
3. Add sugar, salt, and shortening to prune juice.
4. Combine nonfat milk solids and whole wheat flour. Add to prune juice mixture. Add egg and softened yeast. Mix thoroughly.
5. Add the prunes and the all-purpose flour. Blend. Let rise in a warm place until double in bulk (1 1/2-2 hours).
6. Beat batter vigorously about 30 seconds. Place in a greased loaf pan 8 1/2 x 5 x 2 1/2 inches.
7. Let rise until double in bulk (about 1 hour).
8. Bake in a moderate oven (350° F) for 35 to 40 minutes.

Yield: One loaf





## Rolls

Part of the real joy of baking is the molding of rolls into attractive shapes, watching them rise to puffy lightness, and enjoying the aroma and flavor fresh from the oven. Home made rolls make any meal special. Each variation looks and tastes different. Try making rolls and add a touch of glamour to your meals.

### Shaping Rolls

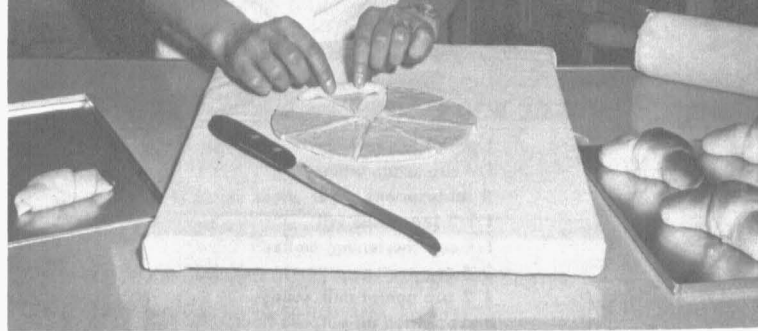
**CRESCENTS**—Roll dough into a 12-inch circle about  $\frac{1}{4}$  inch thick. Spread with butter. Cut into pie shaped wedges. Roll, beginning at the base end. Place on a greased baking sheet with the point underneath and curve to form crescents.

**FAN TANS**—Roll dough into a rectangle  $\frac{1}{4}$  inch thick. Spread with butter. Cut into 1 inch strips. Stack 6 or 7 strips together. Cut into  $1\frac{1}{2}$  inch pieces. Stand on end in greased muffin tins.

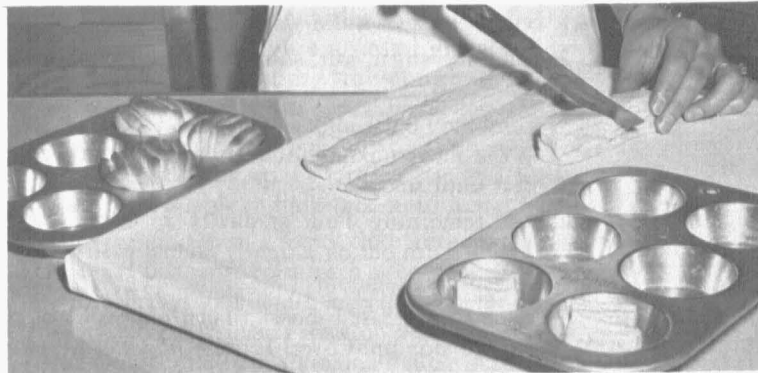
**PARKERHOUSE ROLLS**—Roll dough to  $\frac{1}{4}$  inch thickness. Cut with biscuit cutter. Crease center of each round of dough with spatula. Brush with melted butter. Fold in half at crease and press edges together. Place on a greased baking sheet.

**CLOVERLEAF ROLLS**—Form dough into smooth balls about the size of large marbles. Dip in melted butter and place three balls in each section of greased muffin tins.

**BOWKNOTS**—Roll dough with hands to form  $\frac{1}{2}$  inch roll. Cut into 6 inch lengths. Tie each length into a knot. Place on a greased baking sheet.



Crescents



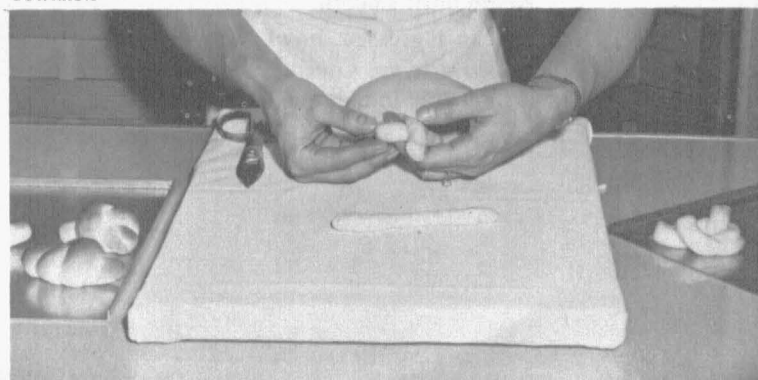
Fan Tans



Parkerhouse Rolls



Cloverleaf Rolls  
Bowknots



## BASIC ROLLS

1 package yeast  
1/4 cup warm water  
2 tablespoons sugar  
1 1/2 teaspoons salt  
1/4 cup shortening, melted  
3/4 cup water  
1/2 cup nonfat milk solids  
3 cups sifted all-purpose flour,  
approximately  
1 egg, beaten

1. Soften yeast in warm water.
2. Combine sugar, salt, shortening, and remaining water.
3. Combine nonfat milk solids and 1 cup flour. Add to the above mixture. Add egg and softened yeast. Beat until smooth.
4. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
5. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
6. Turn out on a pastry cloth. Knead. Shape into rolls. Place in greased pans or on baking sheets and brush tops with melted fat.
7. Let rise until double in bulk (about 45 minutes).
8. Bake in a moderate oven (375° F) for about 15 minutes.

Yield: 18 rolls

Variation: After shaping, dip bottoms of rolls in corn meal. Glaze with egg white just before baking.

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## BUTTERMILK ROLLS

1 package yeast  
1/4 cup warm water  
1 cup warm buttermilk  
1 tablespoon sugar  
1 1/2 teaspoons salt  
3 tablespoons shortening, melted  
1/2 cup nonfat milk solids  
1/4 teaspoon soda  
3 3/4 cups sifted all-purpose flour,  
approximately

1. Soften yeast in warm water.
2. Combine buttermilk, sugar, salt, and shortening.
3. Combine nonfat milk solids, soda, and 1 cup flour. Add to the buttermilk mixture. Add softened yeast. Beat until smooth.
4. Add remaining flour gradually to make a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
5. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
6. Turn out on a pastry cloth. Shape into rolls or

buns. Place in well-greased pans.

7. Let rise until double in bulk (about 40 minutes).
8. Bake in a moderate oven (350° F) for 20-25 minutes.

Yield: 18 dinner rolls

12 hamburger or wiener buns

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## LAST MINUTE ROLLS

1 package yeast  
1/4 cup warm water  
3 tablespoons sugar  
1 1/2 teaspoons salt  
1/4 cup shortening, melted  
1 1/4 cups water  
1/2 cup nonfat milk solids  
3 1/3 cups sifted all-purpose  
flour

1. Soften yeast in warm water.
2. Combine sugar, salt, shortening, and remaining water.
3. Combine nonfat milk solids and 1 cup flour. Add to the above mixture. Add softened yeast. Beat until smooth.
4. Add the remainder of the flour in two portions and stir until well blended.
5. Cover and let rise in a warm place until double in bulk (about 30 minutes).
6. Beat batter vigorously about 30 seconds. Fill greased muffin pans half full.
7. Let rise until batter is even with top of muffin tins (about 25 minutes).
8. Bake in a moderate oven (350° F) for 20-25 minutes.

Yield: 18-20 rolls

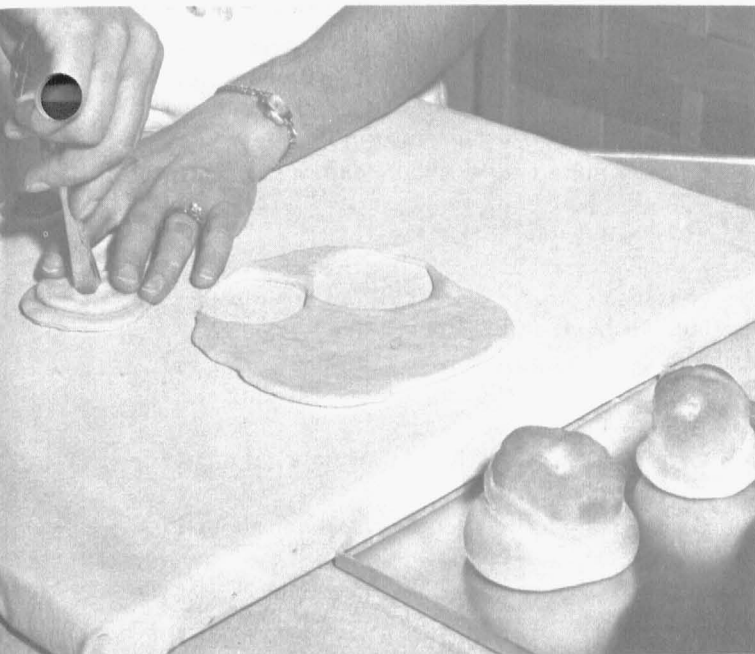
Variation: For kneaded rolls gradually add enough flour to form a soft dough (approximately 1 cup). Shape rolls as desired.

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## POTATO SPLIT BISCUITS

2 cakes yeast  
1/2 cup warm water  
3/4 cup hydrogenated shortening  
1/4 cup sugar  
1 cup seasoned mashed potatoes  
1 cup water  
2 eggs  
2 teaspoons salt  
7 cups sifted all-purpose flour,  
approximately  
1/2 cup nonfat milk solids

1. Soften yeast in warm water.
2. Cream shortening and gradually cream in sugar. Add potatoes, water, eggs, salt, and 1 cup flour. Add softened yeast. Beat until smooth.
3. Put in a warm place to rise until light and bubbly (about 30 minutes).



Shaping Potato Split Biscuits

4. Combine nonfat milk solids with 1 cup flour. Add to sponge. Blend.
5. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
6. Put in a greased bowl, turning once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 40 minutes).
7. Turn out on a pastry cloth. Knead. Let stand 10 minutes. Roll to  $\frac{1}{4}$  inch thickness. Cut half the dough into large biscuits, the remainder into small biscuits.
8. Spread center of large biscuit with soft butter. Place small biscuit on large one pressing edges together.
9. Place on greased baking sheets. Insert spoon handle through rolls vertically and give half turn. Let rise until double in bulk (about 30 minutes).
10. Bake in a moderate oven ( $350^{\circ}$  F) for 12-15 minutes.

Yield: Three dozen rolls



#### SALT STICKS

- 1  $\frac{1}{2}$  teaspoons yeast
- $\frac{1}{4}$  cup warm water
- $\frac{3}{4}$  teaspoon salt
- 2 teaspoons shortening, melted
- 2 teaspoons sugar
- $\frac{1}{2}$  cup water
- $\frac{1}{3}$  cup nonfat milk solids
- 2 cups sifted all-purpose flour, approximately
- yellow cornmeal
- 1 teaspoon cornstarch

- 1 teaspoon cold water
- $\frac{1}{2}$  cup boiling water
- salt
- caraway or poppy seeds

1. Soften yeast in warm water.
2. Combine salt, shortening, sugar, and water.
3. Combine nonfat milk solids and 1 cup flour. Add to the above mixture. Add softened yeast. Beat until smooth.
4. Add remaining flour gradually until a soft dough is formed. Turn dough out on a lightly floured pastry cloth. Knead until the dough becomes smooth and tiny bubbles appear under the surface.
5. Place dough in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 40 minutes).
6. Turn dough out on a pastry cloth and divide into 12 equal portions. Form each portion into a roll 4 to 6 inches long and 1 inch in diameter. Place sticks about  $1\frac{1}{2}$  inches apart on a greased baking sheet which has been sprinkled lightly with cornmeal.
7. Mix cornstarch with cold water and combine with boiling water. Cook mixture until thick and clear. Cool.
8. Brush sticks with cornstarch glaze and sprinkle with salt and seeds.
9. Let rise until double in bulk (about 45 minutes).
10. Bake in a moderate oven ( $375^{\circ}$  F) for 20 minutes.

Yield: 12 sticks



#### ALL-BRAN ROLLS

- 1 package yeast
- $\frac{1}{4}$  cup warm water
- $\frac{3}{4}$  cup boiling water
- $\frac{1}{3}$  cup sugar
- 1  $\frac{1}{2}$  teaspoons salt
- $\frac{1}{2}$  cup all-bran
- $\frac{1}{2}$  cup shortening, melted
- $\frac{1}{2}$  cup nonfat milk solids
- 3  $\frac{1}{4}$  cups sifted all-purpose flour, approximately
- 1 egg, beaten

1. Soften yeast in warm water.
2. Pour the boiling water over sugar, salt, and all-bran. Let stand until lukewarm and bran is soft.
3. Add shortening to the all-bran mixture. Stir to blend.
4. Combine nonfat milk solids with 1 cup of flour. Add to all-bran mixture. Add egg and softened yeast. Beat until smooth.
5. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth and knead until smooth.
6. Place dough in a greased bowl. Turn once to bring greased side up. Cover. Put in a warm place

- to let rise until double in bulk (about 1 hour).
- Turn out on a pastry cloth and shape into rolls. Place in greased muffin tins or on baking sheet.
  - Let rise until double in bulk (about 30 minutes).
  - Bake in moderate (350° F) oven for about 15 minutes.

Note: Dough can be refrigerated.

Yield: 18 rolls

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### OATMEAL ROLLS

- 1 package yeast
- 1/4 cup warm water
- 1/3 cup brown sugar
- 1 teaspoon salt
- 1/3 cup shortening
- 3/4 cup oatmeal, uncooked
- 1 cup boiling water
- 1/3 cup nonfat milk solids
- 3 1/2 cups sifted all-purpose flour, approximately
- 1 egg, beaten

- Soften yeast in warm water.
- Pour boiling water over sugar, salt, shortening, and oatmeal. Cool to lukewarm.
- Combine nonfat milk solids and 1 cup of flour. Add to oatmeal mixture. Add egg and softened yeast. Beat until smooth.
- Add remaining flour gradually to make a soft dough. Turn out on a lightly floured pastry cloth and knead until smooth.
- Place in greased bowl. Turn once to bring greased side up. Cover and let rise in warm place until double in bulk (approximately 1 hour).
- Turn out on a pastry cloth. Knead. Shape into rolls and place in greased muffin tins or on baking sheets.
- Let rise in warm place until double in bulk (about 45 minutes).
- Bake in moderate oven (350° F) for about 15 minutes, or until golden brown in color.

Yield: Approximately 24 rolls or 12 hamburger buns.

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### WHEAT GERM ROLLS

- 1 package yeast
- 1/4 cup warm water
- 1/4 cup sugar
- 1 1/2 teaspoons salt
- 3 tablespoons shortening, melted
- 3/4 cup water
- 1/3 cup nonfat milk solids
- 2 1/2 cups all-purpose flour, approximately
- 1 egg, beaten
- 1/2 cup wheat germ

- Soften yeast in warm water.

- Combine sugar, salt, shortening, and remaining water.
- Combine nonfat milk solids and 1 cup flour. Add to the above mixture. Add egg, wheat germ, and softened yeast. Beat until smooth.
- Add remaining flour gradually until a soft dough is formed. Turn out on a lightly floured pastry cloth. Knead until smooth.
- Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
- Turn dough out on a pastry cloth. Knead and shape as desired. Place on a greased baking sheet or in muffin tins.
- Cover. Let rise until double in bulk (about 45 minutes).
- Bake in a moderate oven (375° F) for about 15 minutes.

Note: Dough may be refrigerated overnight.

Yield: 18 rolls

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### ENGLISH MUFFINS

- 1 package yeast
- 1/4 cup warm water
- 2 tablespoons sugar
- 1 1/4 teaspoons salt
- 1 cup water
- 3 tablespoons butter, melted
- 1/3 cup nonfat milk solids
- 4 1/2 cups sifted all-purpose flour, approximately
- 1 egg, beaten
- 1/4 cup yellow cornmeal

- Soften yeast in warm water.
- Combine sugar, salt, water, and butter.
- Combine nonfat milk solids and 2 cups flour. Add to the above mixture. Add egg and softened yeast. Beat until smooth.
- Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
- Place in greased bowl, turning once to bring greased side up. Cover. Let rise in warm place until double in bulk (about 1 hour).
- Put out on pastry cloth. Roll out 1/4 inch thick. Cut into 4-inch circles. Leave on board. Cover and let rise until double in bulk (about 1 hour).
- When light, sprinkle with corn meal and bake slowly on hot ungreased, heavy griddle or frying pan 7-10 minutes on each side.

Yield: 12 muffins

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Cranberry Rolls

## *Sweet Rolls*

There is nothing like a freshly baked sweet roll to start the day. They are not only popular with the family for breakfast but make an ideal luncheon accompaniment for meat salads.

### **BROWN SUGAR NUT BUTTERHORNS**

1 package yeast  
1/4 cup warm water  
1/4 cup butter or margarine,  
melted  
1/4 cup sugar  
1 teaspoon salt  
3/4 cup water  
1/3 cup nonfat milk solids  
3 1/4 cups all-purpose flour,  
approximately  
1 egg, slightly beaten

### **FILLING**

1/2 cup brown sugar  
1/4 cup butter or margarine,  
softened  
1/4 cup ground nuts

1. Soften yeast in warm water.
2. Combine butter, sugar, salt, and remaining water.
3. Combine nonfat milk solids with 1 cup flour. Add to above mixture. Add egg and yeast. Beat until smooth.
4. Add remaining flour gradually to make a soft dough. Turn out on a lightly floured pastry cloth and knead until smooth.
5. Place in greased bowl. Turn once to bring greased side up. Cover. Let rise until double in bulk (about 1 hour).
6. Put out on a pastry cloth. Divide into two equal parts and form into balls. Let rest 10 minutes. Roll each ball into a 10-inch circle 1/4 inch thick.
7. Combine brown sugar, softened butter and ground nuts. Spread on dough.
8. Cut each circle in 12 pie-shape pieces. Roll up beginning at wide edge. Seal point firmly.
9. Space 3 inches apart on greased baking sheet. Brush tops of rolls lightly with melted butter.

Cover. Let rise until double in bulk (about 45 minutes).

10. Bake in a moderate oven (350° F) about 12-15 minutes. Serve at once.

**Yield:** Two dozen rolls

**Variation:** Make plain butterhorn rolls by omitting brown sugar and nuts from filling.

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### CRANBERRY ROLLS

- 1 package yeast
- 1/4 cup warm water
- 1 tablespoon sugar
- 3/4 teaspoon salt
- 1/4 cup water
- 2 tablespoons butter or margarine, melted
- 1/4 cup nonfat milk solids
- 2 cups sifted all-purpose flour, approximately
- 1 egg, beaten

#### TOPPING

- 1 1/4 cups raw cranberries
- 2 tablespoons water
- 1 cup sugar
- 1/2 cup chopped nuts
- 1/4 cup butter or margarine

1. Soften yeast in warm water.
2. Combine 1 tablespoon sugar, salt, remaining water, and butter.
3. Combine nonfat milk solids with 1 cup flour. Add to the above mixture. Add egg and softened yeast. Beat until smooth.
4. Gradually add remaining flour to form a soft dough. Turn out on a lightly floured pastry cloth. Knead until smooth.
5. Place in a greased bowl, turning once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
6. Combine cranberries, 2 tablespoons water and 1 cup sugar. Place over low heat and cook until the cranberry skins burst. Add butter and nuts. Place in a greased 10 x 6 x 2-inch pan.
7. Turn out on a pastry cloth. Knead. Roll in a rectangle 8 x 10 inches. Spread with soft butter or margarine. Roll, beginning with the 10-inch side of the dough. Cut dough into 12 rolls. Place on cranberry mixture.
8. Allow to rise until double in bulk (about 30 minutes).
9. Bake in a 325° F oven for 30 minutes. Place an aluminum foil cover over the rolls after the first 15 minutes of baking to prevent over-browning.
10. Turn upside down while still warm.

**Yield:** One dozen rolls

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### CRISPIES

- 1 package yeast
- 1/4 cup warm water
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1/4 cup shortening, melted
- 1 teaspoon vanilla
- 1/2 cup water
- 1/3 cup nonfat milk solids
- 2 1/2 cups sifted all-purpose flour, approximately
- 1 egg, beaten

#### FILLING

- 1/2 cup sugar
- 1 1/2 teaspoons cinnamon
- 1/4 cup butter or margarine, softened

1. Soften yeast in warm water.
2. Combine 1/4 cup sugar, salt, shortening, vanilla, and remaining water.
3. Combine nonfat milk solids and 1 cup flour. Add to the above mixture. Add egg and softened yeast. Beat until smooth.
4. Add remaining flour gradually until a soft dough is formed. Turn out on a lightly floured pastry cloth. Knead until surface is smooth.
5. Place dough in greased bowl and turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 30 minutes).
6. Turn out on a pastry cloth. Knead. Roll in a rectangle 1/4 inch thick.
7. Mix 1/2 cup sugar and cinnamon. Spread one half of dough with 1/3 of the butter and 1/4 of sugar-cinnamon mixture. Fold dough in half and roll in rectangle again. Repeat twice, but save 1/4 of sugar-cinnamon mixture.
8. Roll as for a jelly roll. Cut into 12 slices.
9. Sprinkle remaining sugar mixture on waxed paper. Dip the cut sides of dough in the mixture. Roll to 1/2 inch thickness. Place on greased cookie sheets.
10. Let rise until double in bulk (about 15 minutes).
11. Bake in a moderate oven (350° F) about 20 minutes.

**Yield:** One dozen crispies

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### ORANGE ROLLS

- 1 package yeast
- 1/4 cup warm water
- 1/3 cup sugar
- 1 teaspoon salt
- 1/4 cup orange juice
- 2 tablespoons grated orange rind
- 1/4 cup shortening, melted
- 3/4 cup water
- 1/3 cup nonfat milk solids
- 4 1/2 cups sifted all-purpose flour, approximately
- 2 eggs, beaten

**FILLING**

- 1/3 cup butter or margarine, softened**
- 1/2 cup sugar**
- 1 teaspoon grated orange rind**

1. Soften yeast in warm water.
2. Combine 1/3 cup sugar, salt, orange juice, 2 tablespoons orange rind, shortening, and remaining water.
3. Combine nonfat milk solids with 1 cup flour. Add to the above mixture. Add eggs and softened yeast. Beat until smooth.
4. Gradually add remaining flour to form a soft dough. Turn out on a lightly floured pastry cloth and knead until smooth.
5. Place in greased bowl and turn dough once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
6. Turn dough out on a pastry cloth. Divide dough in half; roll each half into a rectangle 8 x 18 inches.
7. Combine softened butter or margarine, 1/2 cup sugar, and 1 teaspoon orange rind. Spread on dough. Roll as for jelly roll beginning with 18 inch side and cut into 1 or 1 1/2 inch slices. Place in greased muffin tins.
8. Cover. Let rise in a warm place until double in bulk (about 45 minutes).
9. Bake in a moderate oven (350° F) about 12-15 minutes or until golden brown.

**Yield:** Two and one-half dozen rolls

**ORANGE DROP DOUGHNUTS**

- 1 package yeast**
- 1/4 cup water**
- 1/4 cup sugar**
- 1 1/2 teaspoons salt**
- 3/4 cup orange juice**
- 1/4 cup shortening, melted**
- 1/2 cup nonfat milk solids**
- 3 1/2 cups sifted all-purpose flour**
- 2 eggs, beaten**
- 1 1/2 tablespoons grated orange rind**

1. Soften yeast in warm water.
2. Combine sugar, salt, orange juice and shortening.
3. Combine nonfat milk solids with 1 cup flour. Add to the above mixture. Add eggs, orange rind and softened yeast. Beat until smooth.
4. Add remaining flour in two portions, beating after each addition.
5. Put in a warm place to rise until double in bulk (about 1 hour and 15 minutes).
6. Stir batter down. Allow to rise while fat for deep frying is heating to 340° F.
7. Drop batter from a teaspoon into hot fat. Fry until golden brown, about 1 1/2 minutes on each side.

Drain on absorbent paper.

**Yield:** Approximately three dozen doughnuts

**Variation:** Make plain drop doughnuts by omitting orange rind and using water in place of orange juice. Add 1/4 teaspoon nutmeg with nonfat milk solids.

**ROLLED YEAST DOUGHNUTS**

- 2 packages yeast**
- 1/2 cup warm water**
- 1/2 cup sugar**
- 2 teaspoons salt**
- 1/4 cup margarine, melted**
- 1/2 cup water**
- 1/2 cup nonfat milk solids**
- 1 teaspoon nutmeg**
- 5 cups sifted all-purpose flour, approximately**
- 2 eggs, beaten**

1. Soften yeast in warm water.
2. Combine sugar, salt, margarine and water.
3. Combine nonfat milk solids, nutmeg, and 2 cups flour. Add to above mixture. Add eggs and softened yeast. Beat until smooth.
4. Add remaining flour gradually to form a soft dough. Turn out on a lightly floured pastry cloth and knead until smooth.
5. Place in a greased bowl. Turn once to bring greased side up. Cover. Let rise in a warm place until double in bulk (about 1 hour).
6. Turn out on a pastry cloth. Knead lightly. Let rest 10 minutes. Roll to 1/2-inch thickness and cut with doughnut cutter.
7. Let rise in a warm place until double in bulk (about 1 hour).
8. Fry in deep fat at 340° F for 1 minute on each side.
9. Drain on absorbent paper. Frost or dip in sugar.

**Yield:** Two and one-half to three dozen doughnuts.

**FROSTING**

- 1 cup confectioners' sugar**
- 1 to 1 1/2 tablespoons warm water**

1. Combine sugar and warm water.
2. Dip warm, drained doughnuts in frosting.

**Rolled Yeast Doughnuts**

