

Making and Baking Freezer Rolls

Compiled by Alice Henneman, MS, RD, Extension Educator

Lancaster County

444 Cherrycreek Road, Suite A / Lincoln, NE 68528 / (402) 441-7180

<http://lancaster.unl.edu/food>

When making unbaked freezer rolls," Use recipes especially developed for freezing the dough," advises "Freezing Convenience Foods that You've Prepared at Home," a Pacific Northwest Extension Publication. For examples of suitable recipes, the publication advises, "See www.breadworld.com for recipes that can be shaped and frozen without baking."



The following recipe is reproduced, with permission, from breadworld.com

Freezer Rolls

Makes 24 rolls

- 1-1/4 cups warm water (100 to 110 degrees F)
- 2 envelopes **FLEISCHMANN'S** Active Dry Yeast
- 1/2 cup warm milk (100 to 110 degrees F)
- 1/3 cup butter or margarine, softened
- 1/2 cup sugar
- 1-1/2 teaspoons salt
- 5-1/2 to 6 cups all-purpose flour
- 2 large eggs

Directions

Place 1/2 cup warm water in large warm bowl. Sprinkle in yeast; stir until dissolved. Add remaining warm water, warm milk, butter, sugar, salt and 2 cups flour. Beat 2 minutes at medium speed of electric mixer. Add eggs and 1/2 cup flour. Beat at high speed for 2 minutes. Stir in enough remaining flour to make soft dough. Turn out onto lightly floured surface. Knead until smooth and elastic, about 8 to 10 minutes. Cover with plastic wrap; let rest for 20 minutes.

Punch dough down. Shape into desired shapes for dinner rolls.* Place on greased baking sheets. Cover with plastic wrap and foil, sealing well. Freeze up to 1 week.** When frozen, rolls may be placed in plastic freezer bags. Remove from freezer; place on greased baking sheets. Cover; let rise in warm, draft-free place until doubled in size, about 1-1/2 hours.

Bake at 350 degrees F for 15 minutes or until done. Remove from baking sheets; cool on wire racks.

Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

* **Shaping the dough:** (*Divide dough in half and then and then follow the directions for the roll you wish to make.*) **Crescents:** Roll each half to 14-inch circle. Cut each into 12 pie-shaped wedges. Roll up tightly from wide end. Curve ends slightly to form crescents. **Knots:** Divide each half into 12 equal pieces; roll each to 9-inch rope. Tie once loosely. **Coils:** Divide each half into 12 equal pieces; roll each to 9-inch rope. Coil each rope and tuck end under the coil. **Twists:** Divide each half into 12 equal pieces; roll each into 12-inch rope. Fold each rope in half and pinch ends to seal. Twist each rope two to three times.

** **To bake without freezing:** After shaping, let rise in warm, draft-free place, until doubled in size, about 1 hour. Bake according to above directions.

Nutritional Information: Per Serving:

Serving size: 1 roll

calories 100; total fat 6g; saturated fat 3.5g; cholesterol 50mg; sodium 360mg; total carbohydrate 9g; dietary fiber 0g; protein 2g

Copyright © 2007 - ACH Food Companies, Inc. All rights reserved. *Reproduced with permission.*

Additional information from breadworld.com

Here are some additional tips from the breadworld.com website:

- To determine if your dough passes the ‘doubled in size’ stage:
 - Press the tips of two fingers lightly and quickly about 1/2 inch into the dough.
 - If the impression you made stays, the dough is doubled.
- To determine if your rolls are done, check the temperature of one of your rolls: Internal temperature should be between 190 to 205 degrees F. Rolls should be evenly browned.
- Check whether rolls are done before the time suggested in the recipe.
- If dough is slightly sticky during kneading, use greased instead of floured hands. This way, you won't knead in too much flour.
- Use a little more flour if dough becomes too sticky, always working the flour into the ball of dough.



Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska-Lincoln Extension. Nor is criticism implied of products not mentioned.