

# Ms. Liz's Dinner Rolls

Prep. 30 minutes

Rise: 1 hour and 30 minutes

Bake: 15 minutes

375 degree oven

Makes 15 rolls

## Ingredients:

3 ½ -3 ¾ cups flour \* (I recommend using either all white flour or ¾ to ½ unbleached all-purpose or white bread flour and ¼ to ½ whole wheat flour)

¼ cup or less of sugar or honey

¼ cup olive oil

1 teaspoon salt

2 ¼ teaspoon – 1 Tablespoon active dry yeast

½ cup very warm water (120 – 130 degrees)

½ cup very warm milk (120 – 130 degrees)

1 large egg

## Directions:

1. Mix 2 cups of flour with all of the sugar, olive oil, salt and yeast
2. Add warm water, warm milk, and the egg
  - a. Stir completely, scraping bowl frequently
  - b. Stir in enough flour to make dough easier to handle
3. Place dough on a floured surface, knead about five minutes or until dough is smooth and elastic
4. Grease a large bowl with olive oil and roll kneaded dough in it to coat it. Leave it in the bowl and cover it loosely.
5. Leave it to rise in a warm place until doubled (about an hour)
6. Grease a 13x9 inch pan
7. Gently push fist into dough to deflate. Divide it into 15 equal parts\*\*
8. Gently roll and pinch to form balls
9. Roll in oil to coat and place in pan; loosely cover with plastic wrap and let rise for about 30 minutes

Preheat oven to 375 degrees

Remove the plastic wrap and bake rolls on center rack for about 15 minutes or until golden brown

\*I also use this dough as a base for my cinnamon rolls.

It takes about 10-15 minutes longer to prep it before baking and may take a few more minutes to bake in the oven.

1. \*I add a little cinnamon in with the flour
2. Follow directions as listed above in steps 1-7
3. Then roll dough into a large rectangle- about 15 inches' long
4. Sprinkle or spread your cinnamon mixture, roll it along the long edge to form a 15 inch "log" and pinch the long edge closed
5. Use unflavored dental floss to cut 12-15 even rolls by encircling the dough and crossing then pulling as it cuts through the dough
6. Place into a greased 13x9" pan in three rows of four or five
7. Cover with greased plastic wrap and let rise
8. Preheat oven to 375 degrees
9. Remove plastic after rolls have almost doubled in size
10. Bake on the center rack for 15-25 minutes depending on your oven
11. Remove from oven
12. Drizzle lightly with glaze while still warm

Cinnamon sugar filling variations:

#### **Variation #1**

- ¼ c brown sugar
  - ½ T cinnamon
  - Milk
1. Lightly brush dough with milk
  2. Sprinkle with cinnamon/sugar mixture

#### **Variation #2**

- 6 T. sugar
  - 2 t. cinnamon
  - 4 T. butter, melted
1. Brush dough with butter
  2. Sprinkle with cinnamon/sugar mixture

#### **Variation #3**

- ½ cup butter, softened
  - ¼ cup granulated sugar
  - ½ cup firmly packed brown sugar
  - 6 tablespoons all-purpose flour
  - 1 ½ tablespoons ground cinnamon
1. Combine all ingredients, stirring until blended