
DINNER ROLLS

PREP: 45 MINUTES RISE: 1½ HOURS BAKE: 12 MINUTES

Low-Fat

Oven 375°

Make this dough into butterbuns, rosettes, Parker House rolls, or cloverleaf rolls following the shaping directions on page 103. You can freeze the baked rolls for up to 3 months.

- 4¼ to 4¾ cups all-purpose flour
- 1 package active dry yeast
- 1 cup milk
- ⅓ cup sugar *30 g*
- ⅓ cup butter, margarine, or shortening
- ¾ teaspoon salt *4 mL*
- 2 beaten eggs

- 1.** In a large mixing bowl stir together 2 cups of the flour and the yeast. In a medium saucepan heat and stir milk, sugar, butter, and salt just till warm (120° to 130°) and butter almost melts. Add milk mixture to dry mixture along with eggs. Beat with an electric mixer on low to medium speed for 30 seconds, scraping sides of bowl constantly. Beat on high speed 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.
- 2.** Turn dough out onto a lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total) (see photo 1, page 91). Shape the dough into a ball. Place in a lightly greased bowl; turn once. Cover; let rise in a warm place till double (about 1 hour) (see photos 2 and 3, page 91).
- 3.** Punch dough down (see photo 4, page 91). Turn dough out onto a lightly floured surface. Divide dough in half. Cover; let rest for 10 minutes. Meanwhile, depending on what shape of roll you wish to make (see photos, page 103), lightly grease baking sheets or muffin cups.
- 4.** Shape the dough into desired rolls and place on prepared baking sheets or in muffin cups.* Cover and let rise in a warm place till nearly double in size (about 30 minutes).
- 5.** Bake in a 375° oven for 12 to 15 minutes or till golden. Immediately remove rolls from pans. Cool on wire racks. Makes 24 to 32 rolls.

Nutrition Facts per roll: 114 cal., 5 g total fat (2 g sat. fat), 25 mg chol., 105 mg sodium, 18 g carbs., 1 g fiber, 5 g pro.
Daily Values: 3% vit. A, 0% vit. C, 1% calcium, 7% iron