

Home freezer is a handy source of

Hot Rolls

By Fra Clark, School of Home Economics

Gone is the day when college students need to use "miniature" recipes in learning to make yeast rolls. At the University of Arizona School of Home Economics the girls make family-sized batches and store the baked rolls in a home-type freezer for later class use in meal preparation.

Recipes Fit Utensils

There is an advantage in using recipes that fit family-size utensils and of baking all the rolls at one time in the average-sized oven. For the family who enjoy homemade rolls, this may be the practical way to have hot rolls more often during the summer—with the extras stored in the home freezer. The table response might encourage the cook to increase the size of her recipe to the maximum capacity of her equipment to allow for a few more extras to be frozen each baking day.

A sweet-dough recipe such as the following one has been well liked for hot rolls straight from the oven and for freezing. It makes from 18 to 24 rolls depending upon the size and shape. The recipe may be doubled by doubling the amount of each ingredient. (Not true of every recipe.)

Scald..... ½ cup milk
Stir in..... ½ cup sugar
 1½ teaspoons salt
 ¼ cup shortening

Cool to lukewarm

Measure into bowl ½ cup warm water

Cool to lukewarm. Sprinkle or crumble 2 packages or cakes of active dry or compressed yeast. Stir until dissolved. Stir in lukewarm milk mixture.

Add 2 eggs beaten and 3 cups sifted enriched all purpose flour.

Beat until smooth.

Stir in additional 2 cups (about) sifted flour.

Turn dough out on lightly floured board. Knead until smooth and elastic. Place in a greased bowl, brush top with melted shortening. Cover with waxed paper and let rise until double in bulk. Punch down and turn out on a lightly floured board. Shape into pan rolls; clover leaf, cinnamon rolls, etc. Place in greased pans, brush with shortening. Cover with waxed paper, let rise in a warm place free from drafts, until double in bulk. Bake

in a moderate oven (350°) about 35 minutes.

Quick-freeze Extra Rolls

The extra baked rolls may be "quick frozen" as soon as they are cool. Place them in a covered pan or carton in the coldest section of the home freezer for two to three hours. The frozen rolls may then be packaged for storage in a number of ways. Several methods are shown in the accompanying picture. It is essential that air not be permitted to reach the rolls. Wrap closely with aluminum foil, plastic material, or pack in freezer containers. Seal, label, and store in the freezer.

When rolls are to be used, remove the package and either thaw in the original package at room temperature, allowing about one hour, or in a 250 to 350° F. oven, allowing 15 minutes. The thawed rolls may then be heated about five minutes in a hot oven (400° F.) and served piping hot.

Freezing Storage is Expensive

Freezing storage is expensive storage unless there is a turnover of foods. In experimental work, baked yeast rolls have been stored satisfactorily for 12 months. It is more practical never to store rolls longer than four months, thus releasing freezer storage space for other foods. Once rolls are thawed they stale rapidly after reheating.



A double recipe of hot rolls baked at one time in a home-sized oven. Miss Marilyn Downey, University of Arizona student from Hayden, Arizona, will freeze half the rolls for later use.



Packaging to exclude air and labeling the "quick-frozen" rolls is easily done with plastic sheets or bags, aluminum foil, or special freezer containers.

