

SWEET ROLL DOUGH

This is very versatile dough for many recipes. I use it for Apple Kuchen, Pastries, Sticky Rolls, Potica (a Croatian Sweet Bread) and other applications, some of which have yet to be determined. The major difference between this and regular bread dough is that it has more sugar than normal, and uses an egg which adds color and body, so it won't be as soft as "bread" but will have a rich flavor and appealing color and will support whatever you want to do with it.

FULL RECIPE:

1½ Cup Scalded Milk
½ Cup Water
1 Tablespoon Yeast (2 packages)
½ Cup Sugar
½ Cup Shortening
2 Eggs, whisked
2 teaspoons Salt
6-7 Cups Flour

HALF RECIPE:

¾ Cup Scalded Milk
¼ Cup Water
½ Tablespoon Yeast (1 Package)
¼ Cup Sugar
¼ Cup Shortening
1 Egg, whisked
1 teaspoon Salt
3 ½ Cups Flour

Start with scalding the milk. It is scalded when it is in the pot, under medium high heat, and just starts to bubble around the sides of the pot. You do NOT want it to boil. Pour the milk into your mixing pan and add the cold water. Stick your finger in this mixture and feel the temperature. It should feel no warmer than the water you would bathe your baby in. If it's too hot, you will kill the yeast. If it is cold, it will take longer for the yeast to do its gaseous thing. If it is too warm, place the mixing bowl in cool water in your sink until it is an appropriate temperature (110-120 degrees or less).

Mix milk, water, whisked egg, sugar and yeast together and allow it to sit for 5 minutes. This will allow the yeast to get hydrated and start to multiply. Add remaining ingredients and mix/knead to proper consistency...not sticky, and not dry, but closer to sticky (the dough should stick to the dough ball more than it sticks to your fingers). It's one of those things that you need to experiment and practice with. The most important thing is that all the ingredients are well incorporated.

Form into a ball, and place in a greased bowl and spray the top with Pam. You can also coat your dough with a thin layer of butter and place in a bowl to rise. Either way, cover the bowl with foil or plastic and keep in a warm place to rise until it is double in size.

Punch down, knead 2 minutes, and proceed with your recipe.