

Whole Wheat Rolls

Grind: 9 cups wheat in Whisper mill on fine.

4 Cups milk, warmed
1/2 Cup warm water
1/2 Cup shortening or cooking oil
3/4 Cup honey
2 Tablespoons salt
2 eggs
2 Tablespoons dry yeast
9 Cups whole wheat flour

Combine: Milk, water, shortening, honey, salt and eggs in mixing bowl.

Add: 5 cups whole wheat flour and knead on low speed until well blended.

Add: Dry yeast and blend again. Add remaining 4 cups whole-wheat flour and knead 10 minutes.

Put: Dough in large bowl, cover with a kitchen towel and let rise until double in bulk.

Roll: Out dough 1/2" thick on floured board. Cut with a round cutter for rolls.

Let: Rise until double in bulk.

Bake: 350° for 20 minutes.

Variations:

Crescent rolls: Roll out a circle of dough 12" in diameter and 1/2" thick. Cut in pie shaped pieces. Roll from the wide side of wedge in and place on greased baking sheet point placed underneath. Let rise. then bake.

Cloverleaf rolls: oil muffin tins and then pinch off 1" size balls of dough, mold until the top is smooth and dip in the oil and turn right side up, Put three into one muffin mold. Let rise. Then bake.

This recipe also makes delicious cinnamon rolls, hamburger buns, pizza dough or Christmas braid.

Kitchen Resource

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