

# FOODS

## Project Resource - Recipes Breads & Cereals

### PAN ROLLS

#### INGREDIENTS:

10 ml	(2Tbsp)	sugar
250 ml		warm water
20 ml	(4Tbsp)	active dry yeast
250 ml		milk
125 ml	(1/2 c)	shortening
75 ml	(1/3 c)	sugar
7 ml	(1 1/2tsp)	salt
2		eggs
1500 ml	(6 c)	all purpose flour



#### DIRECTIONS:

1. In large warmed bowl, dissolve 10 mL sugar in warm water. Add yeast and let stand 10 minutes or until dissolved, then stir well.
2. Meanwhile, combine milk, shortening, sugar and salt in saucepan.
3. Heat over low heat until shortening melts. Cool to lukewarm.
4. Add liquid mixture and eggs to dissolved yeast mixture.
5. Add 750 ml (3 c) flour and beat until smooth (using electric mixer or by beating vigorously by hand). Gradually stir in enough additional flour to make a soft dough.
6. Turn out onto floured board, knead until smooth and elastic, about 8 to 10 minutes.
7. Place in greased bowl, turning to grease top. Cover and let rise in warm place until doubled in bulk, about 1 hour.
8. Punch dough down, cut in half and shape as desired.
9. Cover and let rise again until doubled.
10. Bake in preheated 190C (375F) for about 20 minutes or until done.

**9" x 9" pan should be suitable for 12 rolls.**