

TIPS FOR YEAST TO LIVE BY

*Make sure your yeast is fresh. Check the expiration date and discard any that has expired. Expired yeast will not become active; therefore, the bread will not rise.

*If you have rapid or quick rise yeast in the pantry, it can be substituted for regular yeast. Simply reduce the rise time by half.

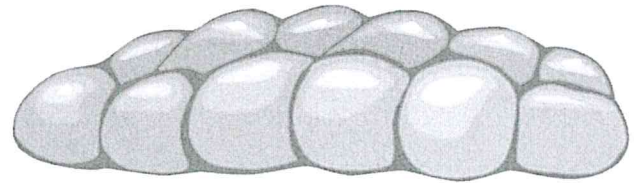
*If you are unsure about the freshness of your yeast, test it before beginning. Dissolve 1 teaspoon sugar in $\frac{1}{2}$ cup of warm water (110° to 115°F). Slowly sprinkle one packet of yeast into the water. Stir the mixture and set a timer for 10 minutes. In 3 to 4 minutes, the yeast should have absorbed enough liquid to activate and will come to the surface. If, at the end of 10 minutes, the yeast has multiplied to the 1-cup mark and has a rounded crown, it's still very active & fresh and can be used in your recipe. Remember to deduct the $\frac{1}{2}$ cup of water used for the test from the total liquid used in the recipe. This process is sometimes referred to as *proofing the yeast*.

Jean Freeman's Dinner Rolls

$\frac{1}{2}$ cup unsalted butter, softened
1 (12 oz) can evaporated milk
2 cups warm water
2 packages active dry yeast

$\frac{1}{2}$ cup sugar
4 teaspoons salt
2 eggs
 $8\frac{1}{2}$ to 9 cups all-purpose flour

In a large mixer bowl, combine all the above ingredients with the exception of the flour. Add flour to mixture and mix with dough hooks on mixer or wooden spoon until smooth. Let rise until doubled in size, about 1 hour. Punch down and place in the refrigerator overnight. The next morning, remove the amount of dough needed to make rolls from the refrigerator. Lightly grease muffin pans. Pinch dough off and place into muffin pan. Let the rolls rise until double in size, about 1 hour. Bake at 350° for about 15 to 20 minutes or until golden. Brush tops of rolls with melted butter when removed from the oven.



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Rising to the Occasion for the Holidays

Home Baked Breads

by

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CMH:jds



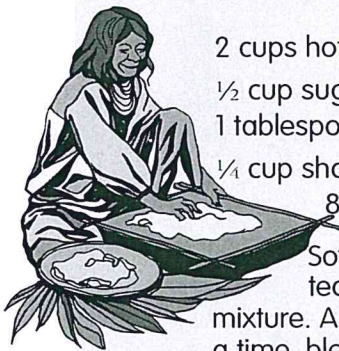
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Top 10 Baking Tips

Here are the top 10 tips from the Land O Lakes© experts to help your recipes turn out perfect every time.

1. Prepare ingredients requiring special handling first, such as softening butter or cream cheese and chopping or toasting nuts.
2. Be sure the baking ingredients have not exceeded their shelf life. If you question the freshness of your baking powder, for example, test it.
3. Use the proper measuring cups for liquid and dry ingredients. Metal or plastic measuring cups for dry ingredients and glass or clear plastic cups for liquid ingredients.
4. Use correct measuring techniques. For example, lightly spoon flour into a dry measuring cup without packing the flour into the cup.
5. Substitute ingredients carefully. Recipes with substitutions may vary in flavor, consistency, texture and/or possibly the end product.
6. Preheat the oven. Most baked recipes call for a preheated oven. Turn the oven to the specified temperature for 10 to 15 minutes prior to baking to give the oven adequate time to heat up.
7. Use the correct baking pan size stated in the recipe, whenever possible. Substituting a different pan may change the baking time required.
8. Place baking pans in the middle of the center rack of the oven. For most baking, there should be 1 to 2 inches of space all around the baking pan for even distribution of heat.
9. Use a kitchen timer. This allows for precision and helps ensure the end product is not over cooked.
10. Use an oven thermometer to make sure oven temperatures are both accurate and consistent since ovens and oven temperatures can vary.

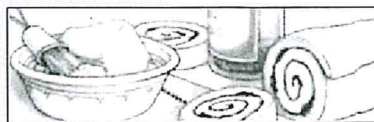
Refrigerator Rolls



2 cups hot water	2 packages yeast
½ cup sugar	¼ cup lukewarm water
1 tablespoon salt	1 teaspoon sugar
¼ cup shortening	2 eggs, beaten
8 cups all-purpose flour, sifted	

Soften yeast in ¼ cup water with 1 teaspoon sugar. Add to above mixture. Add beaten eggs; stir in flour 1 cup at a time, blending thoroughly until dough is smooth. Turn out onto floured dough board and knead until smooth. Place in large buttered bowl. Cover bowl and set in refrigerator; use as needed. Knead dough every time you use it. Make dough in rolls and let rise until double in size (about 1 hour). Bake at 425°F for 15 to 20 minutes or until brown.

Cinnamon Rolls



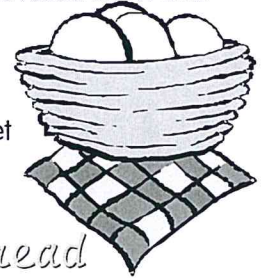
Using Refrigerator Roll recipe (above), follow until it says to make dough in rolls.... Instead of making dough into rolls, roll out dough into rectangular shape, add sugar, melted margarine and cinnamon. Roll into a log and cut. Let rise until double in size and bake at 425° until browned.

Quick Hot Rolls

2 cups lukewarm water	2 packages yeast
1/3 cup sugar	5 to 5 ½ cups flour
2 teaspoons shortening	1 teaspoon salt

Dissolve yeast in water. Add sugar and ½ of the flour. Mix well; add shortening, salt and remainder of the flour (1 cup at a time). Let rise in covered bowl until doubled in size.

Work down, pinch off biscuit-size pieces of dough and shape into rolls. Place in greased pan and let rise about 1 hour. Bake at 350°F until brown.



Monkey Bread

2 packages dry yeast	1 egg, well beaten
cup sugar	½ teaspoon oil
½ teaspoon salt	3 cups flour
1 cup water	

Dissolve yeast, sugar and salt in water; add egg, oil and 1 cup flour; mix well. Stir in additional flour. Knead. Let rest 1 hour. Shape into small balls; dip in melted margarine, roll in cinnamon and sugar mixture. Layer in a bundt pan or tube pan. Sprinkle nuts between layers. Pour ¼ cup melted margarine over top. Let rise 1 hour. Bake at 300° for approximately 1 hour. Yield: 12 servings.