

FOODS

Project Resource - Recipes

Breads & Cereals

PAN ROLLS

INGREDIENTS:

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



DIRECTIONS:

1. In large warmed bowl, dissolve 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 3 cups (750ml) flour and beat until smooth (use an electric mixer or beat vigorously by hand). Gradually stir in additional flour to make a soft dough.
6. Turn out onto floured board/counter, knead dough until smooth and elastic (apprx. 8 - 10 minutes)
7. Shape into a dough ball and place in a greased bowl, turning to ensure all the dough is greased. Cover and let rise in warm place until doubled in size (apprx. 1 hour)
8. Punch dough down and shape into smaller balls (count of 12) in greased 9 x 9 pan
9. Cover and let rise again until doubled.
10. Bake in preheated 375°F or 190°C for about 20 minutes or until done (golden brown on top, springy with firm crust).

Yield 12