



Focus: Strength

Culinary Arts – Food Preparation

Yeast Breads Level 2

Refrigerator Rolls

Define Objective:

Learn how to make refrigerator roll dough for dinner and cinnamon rolls. Complete the following.

- _____ Prepare dinner rolls for your family using a refrigerator roll recipe
- _____ Shape dinner rolls into at least 3 different shapes (pan rolls – single ball of dough; cloverleaf, crown, swirl, bow knot, or crescent)
- _____ Prepare cinnamon rolls for your family using a refrigerator roll recipe

Discovery: Identify valuable information to help you succeed with your skill practice

- Prepare the baking sheet properly by greasing the bottom.
- Preheat the oven so it is the right temperature before baking.
- Measure all ingredients accurately.
- Warm the liquid to 110-115 F before adding the yeast.
- Dissolve yeast in the warm water before adding the other ingredients.
- Use the amount of flour called for in the recipe. Dough should be sticky.
- Knead the bread dough with mixer about 5 minutes
- Refrigerate the dough for several hours before shaping into rolls. A cold dough requires less flour and this will promote a very tender roll.
- Always add flour gradually, and keep dough as soft as you can handle it.
- When it is time to roll out your dough, use enough flour to prevent sticking to the counter top, but avoid using excessive flour that remains on the surface of your rolls.
- Shape your rolls according to directions in recipe.
- Use a thread to cut cinnamon rolls to prevent flattening the rolls with a knife.
- Allow rolls to rise until double in bulk before baking.
- Put glaze on your cinnamon rolls immediately after they come out of the oven.
- Clean your dishes and work area when you are finished.

Practice and Evaluate: Record what you learned. What do you want to remember for your next attempt?

Skill Practice:

Food Item	To Whom Served	Hours Spent	# Served	Cost

Share what you have learned with others: Decide how you will share your new skills and insights with others. Some things to consider are: provide a demonstration or presentation to your family or peers, or enter your finished bread item to the county fair.

- * Yeast breads are evaluated on the basis of exterior appearance and interior quality.
- * Volume should be just twice as large as the original dough.
- * Shapes should be neatly executed and of uniform size.
- * The crust is a pleasing, golden brown and slightly crisp rather than soggy.
- * The interior should reveal uniform, medium-sized cells
- * Excessive fermentation will cause the structure to be too porous and can even result in a fallen, heavy product.
- * Too little volume is caused by inadequate rising time before baking or by killing the yeast because of too high a temperature of liquids coming in contact with the yeast during mixing.
- * A dry, tough product results from incorporating too much flour in the dough.
- * Cinnamon roll glaze should be free from lumps. Sift powdered sugar before preparing glaze to prevent lumps.