



90-Minute - Basic Yeast Dough

4 1/2 to 5 cups all-purpose flour
1 cup whole wheat flour
3 tablespoons sugar
2 (1/4 ounce) packages fast-rising dry yeast
2 teaspoons salt
2 cup warm water (120 to 130° F.)
2 tablespoons vegetable oil or butter (melted)

Combine 2 cups all-purpose flour, whole wheat flour, sugar, yeast and salt in large mixing bowl. Add water and vegetable oil or butter and mix to blend well.*

Stir in enough remaining flour to make soft dough. Knead on lightly floured surface until dough is smooth and elastic, about 3 to 5 minutes. Form a rounded smooth dough ball. Cover; let rest for 15 minutes.

Divide dough into three portions; shape each portion into one dozen rolls (cloverleaf, rosette, breadstick, pretzel, butterhorn). Place shaped dough on greased or parchment lined baking sheet. Cover; proof until double. Bake at 400° F. oven for 12 to 15 minutes.

TIPS:

- 1) Baking time may vary depending on size of rolls; keep rolls the same size.
- 2) *Recipe variations: (Add optional ingredient for variation)
Cheese Bread: 1/2 cup low-fat grated Cheddar cheese
Cinnamon Raisin: 1/2 cup moistened raisins and 1/2 teaspoon cinnamon
Italian Bread – 1 teaspoon Italian Seasoning
- 3) Shape dough into three round loaves; slash with plastic serrated table knife to slash 1/4-inch cuts into top of dough; let rise; bake loaves at 375°F for 18 to 20 minutes or until internal temperature is 190° to 200°F.
- 4) Egg Wash: Brush dough with egg wash (1 egg beaten with 1 tablespoon water) before placing in the oven.
- 5) Dough can also be used to make pizza, focaccia or bread sticks!
- 6) Visit HomeBaking.org for more recipes and edible art!