

Grandma's Refrigerator Dough

Ingredients:

½ cup warm water (105 to 110 °F)
2 (¼ ounce) packages
or 4½ teaspoons active dry yeast
⅛ teaspoon sugar
1½ cups scalded and cooled milk (95 °F)
½ cup butter
½ cup sugar
2½ teaspoons salt
½ cup mashed potato,* squash or pumpkin
2 large or 3 medium eggs
7 cups all-purpose flour (may be part whole
wheat, as desired)

* Option - may be leftover or 1 medium
potato cooked and mashed

Preparation Time: 50 minutes
Baking Time: 10 to 12 minutes
Makes: 3 dozen rolls
Serving: 1 roll

Directions:

1. Combine warm water and yeast with ⅛ teaspoon sugar in small bowl. Stir and set aside 5 minutes.
2. Heat milk in microwave until steaming hot (190 °F). Pour milk into large mixing bowl; add butter, ½ sugar, and salt; mix. Cool to 95 degrees F. or cooler.
3. When milk mixture is cooled, stir in dissolved yeast, mashed potatoes and eggs. Gradually add 4 cups flour. Beat at medium speed for 3 to 5 minutes or until smooth. Cover bowl and let dough rest 15 minutes.
4. Stir in enough flour until dough forms a ball and pulls away from sides of the bowl.
5. Place dough on lightly floured surface; knead about 10 minutes until smooth and elastic.
6. Place dough into large greased bowl; turn dough; greased-side up; cover with sealing lid.
7. Refrigerate dough, punching dough down after about an hour; reshape dough into a ball, smooth side up. Refrigerate until ready for shaping. Dough will keep in refrigerator one to three days; punch down if needed.
8. Preheat oven to 400 °F. Divide dough into thirds and shape each into a smooth ball. Form one dozen rolls from each third of dough. Shape as desired; place on greased baking sheet. Cover; let rise until double in size. Bake 10 to 12 minutes.

Family Activity:

Make your own pumpkin puree! Wash the outside of pumpkin; scrape inside to remove pulp and seeds. Cut pumpkin in half and place each half cut-side down on baking sheet. Bake at 350 °F. until fork easily pierces pumpkin. Depending on size of pumpkin baking time could be one hour. Cool. Scrape inside of pumpkin to remove pumpkin flesh with spoon and puree in blender.

Nutrition Facts (1 serving/48g)

Calories: 136, Protein: 4g, Carbohydrates: 23g, Dietary Fiber: 1g, Fat: 4g,
Saturated Fat: 2g, Mono Fat: 1g, Cholesterol: 20mg, Calcium: 18mg,
Potassium: 40mg, Sodium: 203mg

Fun Fact:

Potato, pumpkin, sweet potato and squash are mostly comprised of water (over 75%). Once heated to over the boiling point (212 °F) they cook quickly and become soft and easy to mash. Leftover potatoes and squash are added to bread dough to keep the bread moist.

Vocabulary:

Scald:

to heat almost to boiling. Always be careful when working with hot liquids.