

Whole Wheat Rolls

2 pkg. active dry yeast (or 4 ½ tsp., yeast in bulk)
¼ c. warm water (between 105 to 115°F)
½ c. firmly pack brown sugar or honey
3 tsp. salt
2 ½ c. hot water (no warmer than 120°F)
¼ c. margarine or butter, melted
4 ½ c. whole wheat flour
2 ¾ c. to 3 c. all purpose flour (may need to add more depending upon air present in your flour)

In small bowl, dissolve yeast in ¼ c. warm water. In large bowl, combine sugar, salt, hot water and margarine/butter; cool slightly (around 115°F). To cooled mixture, add 3 c. of whole wheat flour. Blend at low speed in a mixer (I use my Kitchen Aide) with a dough hook until moistened; beat 3 minutes at medium speed. Add remaining whole wheat flour and dissolved yeast; mix well. Add all purpose flour, one cup at a time, until dough pulls away from sides of the bowl. Dough will still be slightly sticky. Turn mixer off and grease up hands with shortening. Remove dough from hook and from bowl and place in a greased bowl to rise. Shape dough into a ball in the bowl and then grease the top of dough lightly with shortening. Cover bowl loosely with plastic wrap and a cloth towel. Let dough rise in a warm place (80 to 85°F) until light and double in size or about 1 hr. (I let the dough rise under my fume hood light).

Generously grease 2, 9 x 13 cake pans with shortening. Punch down dough several times to remove all air bubbles. Divide dough into 2 parts. Shape each part into 12 rolls the size of a golf ball and place in a 9 x 13 pan. Repeat process and make 12 more rolls. Once all rolls have been shaped, cover pans with a cloth towel. Let rolls rise for another hour or until double in bulk. Remove towel and bake rolls in a 400°F oven for about 15 minutes or until golden brown on top. Take rolls out of oven and brush with 3 Tbs. of melted butter to give them a nice shine on top. These rolls are great with any meal! Enjoy! ☺
Makes 24 rolls.

NOTE: If you double this recipe you can make 2, 12-inch size loaves or 3, 2-lb size loaves of bread. Bake loaves at 375°F oven for 30 minutes. Then reduce oven temperature to 350°F and bake for an additional 10-15 minutes or until loaves sound hollow when lightly tapped. Immediately remove loaves from pans, brush with melted butter and cool on wire racks. Very light, delicious bread! ☺

Pillsbury- The Complete Book of Baking, p. 424.

Whole Wheat Rolls:



Whole Wheat Bread:

