



Light Wheat Rolls

Jacob · 28/09/2024



Prep Time

2 hrs 20 mins

Difficult

Medium

Servings

3 hrs 5 mins

Description

This is a yummy recipe for a light wheat roll that I keep in my special book of most liked recipes They are not complicated at all to make just a lot of rising time

Ingredients

- - 2 (.25 ounce) packages active dry yeast - 1 $\frac{3}{4}$ cups warm water (110 degrees F/45 degrees C) - $\frac{1}{2}$ cup white sugar - 1 teaspoon salt - $\frac{1}{4}$ cup butter
- melted and cooled - 1 egg
- beaten - 2 $\frac{1}{4}$ cups whole wheat flour - 2 $\frac{1}{2}$ cups all-purpose flour - $\frac{1}{4}$ cup butter
- melted

Instructions

1. In a large bowl
2. dissolve yeast in warm water. Let stand until creamy
3. about 10 minutes. Mix sugar
4. salt
5. 1/4 cup melted butter
6. egg
7. and whole wheat flour into yeast mixture. Stir in all-purpose flour
8. 1/2 cup at a time
9. until dough pulls away from the sides of the bowl. Turn dough out onto a well floured surface
10. and knead until smooth and elastic
11. about 8 minutes. Lightly oil a large bowl
12. place dough in bowl
13. and turn to coat. Cover with a damp cloth
14. and let rise in a warm place until doubled in volume
15. about 1 hour. Punch down dough
16. cover
17. and let rise in warm place until doubled again
18. about 30 minutes. Grease 2 dozen muffin cups. Punch down dough
19. and divide into two equal portions. Roll each into a 6x14 inch rectangle
20. and cut rectangle into twelve 7x1 inch strips. Roll strips up into spirals
21. and place into muffin cups. Brush tops with melted butter. Let rise uncovered in a warm place 40 minutes
22. or until doubled in bulk. Preheat oven to 400 degrees F (200 degrees C). Bake for 12 to 15 minutes
23. or until golden brown. Remove from oven
24. and brush again with melted butter. Recipe Tip If you would like to freeze the rolls
25. bake for 8 minutes
26. remove from the oven
27. allow to cool
28. bag
29. and freeze. When ready to use
30. thaw and finish the baking process.