

## Basic Dinner Rolls

Yield: 24 rolls

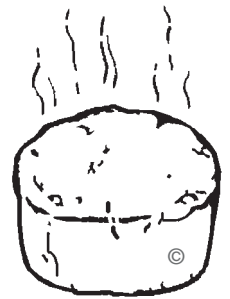
### Ingredients

- 1/4 cup sugar
- 1 teaspoon salt
- 1 package yeast
- 1 cup milk, heated to 100 to 110 degrees F
- 1/4 cup water, heated to 100 to 110 degrees F
- 1/4 cup butter or margarine
- 1 egg, lightly beaten
- 3 to 4 cups all-purpose flour



### Order of Work

1. Put sugar, salt, and yeast in large mixing bowl. Mix well.
2. Place milk, water, and butter or margarine in microwave-safe bowl. Heat liquids in microwave for 1 to 2 minutes. Remove from microwave and check temperature with food thermometer.
3. Add warm liquids to dry ingredients in mixing bowl and mix well. Let stand for 5 minutes.
4. Add egg and beat until smooth.
5. Add 2 cups of flour to mixture and beat until smooth. Gradually add additional flour until dough is stiff enough to handle.
6. Turn dough out onto a lightly floured surface. Knead dough until it is elastic and does not stick to surface or hands, about 10 minutes.
7. Place dough in a large mixing bowl lightly coated with nonstick cooking spray. Coat top of dough with nonstick cooking spray and cover the bowl with a damp, clean dishtowel. Leave bowl in warm place until dough has doubled in size.
8. Lightly coat baking sheet or muffin pan with nonstick cooking spray.
9. Punch down dough and then form dough into desired shape. Place rolls on prepared baking sheet or in muffin pan. Cover and let rise until doubled in size.
10. Bake rolls at 400 to 425 degrees F until golden brown, 10 to 12 minutes.



**Nutrition Facts per Roll:** 96 calories, 3 g fat, 120 mg sodium, 16 g carbohydrates, 1 g fiber, 3 g protein, 17 mg calcium

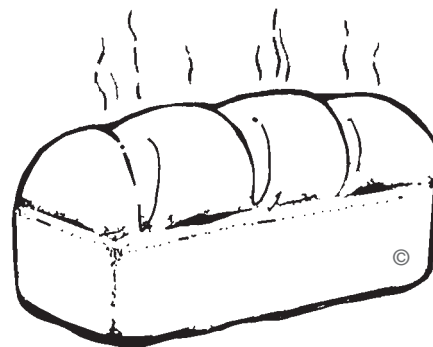


# Basic Bread

Yield: 1 loaf, 20 slices

## Ingredients

- 1 1/4 cups water, heated to 100 to 110 degrees F
- 1 package yeast
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 3 to 4 cups all-purpose or bread flour



## Order of Work

1. Place water in microwave-safe bowl and heat in microwave for 1 to 2 minutes. Remove from microwave and check temperature with food thermometer.
2. Pour warm water into large mixing bowl and sprinkle yeast over water. Stir in sugar and allow mixture to stand 1 to 2 minutes. Add salt and oil.
3. Add 2 cups flour to mixture. Stir until smooth. Add enough flour to make dough that is soft, but stiff enough to handle.
4. Turn dough out onto a lightly floured surface and knead until dough is smooth, elastic, and does not stick to surface or hands, about 8 to 10 minutes.
5. Place dough in a mixing bowl lightly coated with nonstick cooking spray. Coat top of dough with nonstick cooking spray. Cover the bowl with a damp, clean dishtowel and let dough rise until doubled in size.
6. Lightly coat a 9" x 5" loaf pan with nonstick cooking spray.
7. Punch down dough, turn out on a floured surface, and shape into a loaf. Place in prepared loaf pan. Cover and let rise until doubled in size.
8. Bake at 400 degrees F for 30 to 40 minutes. Bread is done when the crust is golden-brown and the loaf has a hollow sound when tapped on the top crust.
9. Cool bread in pan for about 5 minutes; remove from pan and cool to room temperature on cooling racks.

**Nutrition Facts per Slice:** 95 calories, 1 g fat, 117 mg sodium, 18 g carbohydrates, 1 g fiber, 3 g protein, 4 mg calcium



# Swedish Tea Ring

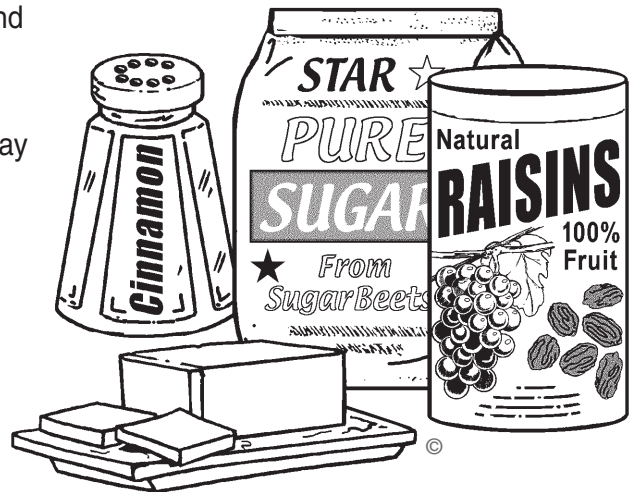
Yield: 12 servings

## Ingredients

- 1/2 prepared sweet dough recipe
- 3/4 cup sugar
- 2 teaspoon cinnamon
- 1/2 cup melted butter
- 1/3 cup raisins
- 1 prepared basic icing recipe

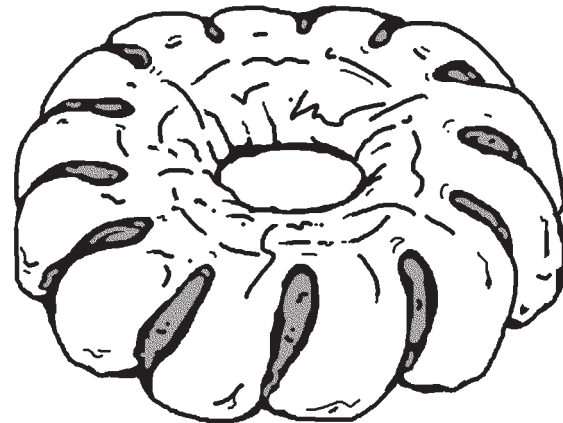
## Order of Work

1. Lightly coat a 12" x 17" baking sheet with nonstick cooking spray.
2. Roll out dough to a 12" x 18" rectangle about 1/2-inch thick.
3. Brush lightly with melted butter. In a small bowl, mix together sugar and cinnamon. Sprinkle sugar-cinnamon mixture and raisins evenly over the dough.
4. Roll up like a jellyroll starting with one of the long edges, forming an 18-inch roll.
5. Place roll on prepared baking sheet with sealed edge down.
6. Form rolled dough into a circle. Join the ends and seal.
7. With a sharp knife or scissors (coated with nonstick cooking spray), make cuts 2/3 of the way through the ring at one-inch intervals.
8. Turn each section to the side.
9. Cover with damp, clean dishtowel and let rise until doubled in size.
10. Bake at 375 degrees F for about 25 minutes or until golden brown.
11. Top with basic icing.



## Nutrition Facts per Slice with Icing and Raisins:

286 calories, 11 g fat, 262 mg sodium, 46 g carbohydrates,  
1 g fiber, 4 g protein, 28 mg calcium



# Basic Sweet Dough

Yield: 24 rolls

## Ingredients

- 1/2 cup sugar
- 2 teaspoons salt
- 2 packages yeast
- 1 cup milk, heated to  
100 to 110 degrees F
- 1/2 cup water, heated to  
100 to 110 degrees F
- 1/4 cup oil or melted butter
- 2 eggs
- 1 teaspoon grated lemon rind,  
if desired
- 5 cups all-purpose flour,  
approximately



## Order of Work

1. Put sugar, salt, and yeast in mixing bowl. Mix well.
2. Place milk and water in microwave-safe bowl. Heat in microwave for 1 to 2 minutes. Remove from microwave and check temperature with food thermometer. Pour warm liquids over ingredients in mixing bowl and stir well. Allow mixture to stand 1 to 2 minutes.
3. Add oil or butter, eggs, and lemon rind to mixture. Beat until smooth.
4. Add 2 cups of flour to mixture and beat until smooth.
5. Add enough flour to make dough that is soft, but stiff enough to handle.
6. Turn dough out onto a lightly floured surface and knead until dough is smooth, elastic, and does not stick to surface or hands, about 8 to 10 minutes.
7. Place dough in a mixing bowl lightly coated with nonstick cooking spray. Spray top of dough with nonstick cooking spray and cover with damp, clean dishtowel. Let rise in a warm place until doubled in size, about 1 hour.
8. Punch dough down and let stand 10 minutes.
9. Form dough into desired shape. Place rolls on prepared baking sheet or in muffin pan. Cover and let rise until doubled in size.
10. Bake at 350 degrees F for 30 minutes for coffeecakes, 25 minutes for pan rolls, or 20 minutes for individual rolls.

**Nutrition Facts per Roll:** 135 calories, 3 g fat, 206 mg sodium, 3 g carbohydrates, 1 g fiber, 4 g protein, 18 mg calcium

# Rich White Cake

Yield: 12 servings

## Ingredients

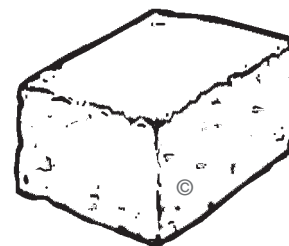
- 3/4 cup egg whites (about 6 egg whites)
- 1 teaspoon flour
- 3 cups sifted cake flour
- 1/2 teaspoon salt\*
- 3 teaspoons baking powder
- 3/4 cup unsalted butter\*
- 2 cups sugar
- 1 teaspoon vanilla
- 1 cup milk

## Equipment

- Egg separator
- Large, medium, and small mixing bowls
- 3 8-inch\*\* or 2 9-inch cake pans  
or 9" x 13" baking pan
- Nonstick cooking spray
- Measuring cups and spoons
- Sifter
- Mixing spoon
- Mixer
- Rubber scraper
- Toothpick or cake tester
- Cooling rack(s)

## Order of Work

1. Separate eggs and place egg whites in medium mixing bowl. Save yolks for another use. Allow egg whites to reach room temperature.
2. Preheat oven to 350 degrees F. Lightly coat cake pan(s) with nonstick cooking spray. Add 1 teaspoon flour to pan. Rotate and shake pan until surfaces are coated with flour. Remove excess flour. (Or cover bottom of pans with wax paper instead of flouring pans.)
3. Lightly spoon cake flour into measuring cup; sift and then measure. Place flour in small mixing bowl. Add salt and baking powder to flour and mix well; set aside.
4. In large mixing bowl, use mixer to cream butter until soft; gradually add sugar, mixing until mixture is very light and fluffy, about 3 to 5 minutes. Add vanilla and continue creaming.
5. Add one-third of the sifted flour mixture and half of the milk, repeat until all of the flour and milk are used. After each addition of flour and milk, mix for 1 minute.
6. Thoroughly clean and dry mixer beaters. Beat egg whites until stiff peaks form. Egg whites should stand up in small peaks with the tip end rounded.
7. Carefully **fold** beaten whites into cake batter just until blended.
8. Pour batter into pan(s) and bake for 35 to 45 minutes for 8-inch or 9-inch pans; 50 minutes for 9" x 13" pan. Use toothpick or cake tester to test cake. Toothpick or cake tester should come out clean when inserted into center of cake.
9. Remove from oven and cool on rack for 15 minutes before removing from pan(s).
10. When completely cool, frost with favorite frosting or serve without frosting.



**Nutrition Facts per Serving:** 327 calories, 12 g fat, 270 mg sodium, 53 g carbohydrates, 1 g fiber, 5 g protein, 58 mg calcium

\*If desired, decrease salt to 1/4 teaspoon and use salted butter.

\*\*If using 3 8-inch pans, be sure there is enough room in the oven for air to circulate for even baking.



# Rich Chocolate Cake

Yield: 12 servings

## Ingredients

3 squares unsweetened chocolate, melted  
1 teaspoon flour  
3 cups sifted cake flour  
1/2 teaspoon salt\*  
3 teaspoons baking powder  
1 1/4 cups unsalted butter\*  
2 1/4 cups sugar  
1 teaspoon vanilla  
4 eggs  
1 cup milk

## Equipment

Small pan or microwave-safe bowl  
3 8-inch\*\* or 2 9-inch cake pans  
or 9" x 13" baking pan  
Nonstick cooking spray  
Large and small mixing bowls  
Measuring cups and spoons  
Sifter  
Mixing spoon  
Mixer  
Rubber scraper  
Toothpick or cake tester  
Cooling rack(s)

## Order of Work

1. Melt chocolate in small pan over low heat or in microwave (following directions on package) and cool to lukewarm.
2. Preheat oven to 350 degrees F. Lightly coat cake pan(s) with nonstick cooking spray. Add 1 teaspoon flour to pan. Rotate and shake pan until surfaces are coated with flour. Remove excess flour. (Or cover bottom of pans with wax paper instead of flouring pans.)
3. Lightly spoon cake flour into measuring cup; sift and then measure. Place flour in small mixing bowl. Add salt and baking powder to flour and mix well; set aside.
4. In large mixing bowl, use mixer to cream butter until soft; gradually add sugar, mixing until mixture is very light and fluffy, about 3 to 5 minutes. Add vanilla and continue creaming.
5. Add eggs one at a time and beat well after adding each egg.
6. Add cooled chocolate to creamed mixture.
7. Add one-third of the sifted flour mixture and half of the milk, repeat until all of the flour and milk are used. After each addition of flour and milk, mix for 1 minute.
8. Pour batter into pan(s) and bake for 40 to 45 minutes for 8-inch or 9-inch pans; 50 minutes for 9" x 13" pan. Use toothpick or cake tester to test cake. Toothpick or cake tester should come out clean when inserted into center of cake.
9. Remove from oven and cool on rack for 15 minutes before removing from pan(s).
10. When completely cool, frost with favorite frosting or serve without frosting.

**Nutrition Facts per Serving:** 434 calories, 26 g fat, 270 mg sodium, 54 g carbohydrates, 2 g fiber, 6 g protein, 70 mg calcium

\*If desired, decrease salt to 1/4 teaspoon and use salted butter.

\*\*If using 3 8-inch pans, be sure there is enough room in the oven for air to circulate for even baking.

