The PHOTO-METHOD FOR ROLLS

by Virginia Roberts

This New Photo-Method tested and perfected in the Occident Home Baking Institute, Minneapolis 1, Minn.
INTRODUCTION

This Photo-Method for Rolls follows the Photo-Method for Bread Making.*

In using the Photo-Method for Rolls, do these things:

1. Measure all ingredients accurately, and carefully follow the directions and illustrations.

2. Use Enriched Occident Flour.

You will find directions here for two basic roll doughs. From either of these doughs you can make the variations.

1 BASIC ROLL DOUGH

Page 3

A medium-rich dough which may be used for all types of dinner rolls, filled rolls and coffee cakes.

2 REFRIGERATOR ROLL DOUGH

Page 10

This dough may be kept in the refrigerator so you can serve rolls at any meal with a delicious, fresh-from-the-oven flavor and quality.

3 VARIATIONS

In addition to basic recipes, Photo-Method shows you how to make four favorite variations:

Pan Rolls ........................................... Page 17  Tea Ring ........................................ Page 22
Butterscotch Rolls ............................... Page 19  Cloverleaf Rolls ............................. Page 25

Perfect results every time are guaranteed if you follow the Virginia Roberts Photo-Method for Rolls and use Occident Flour.

* Note—if you don’t have a copy of the Photo-Method for Bread Making, you may obtain one by writing to Virginia Roberts, Occident Home Baking Institute, Minneapolis 1, Minn.

PRICE 25c

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BASIC ROLL DOUGH

STEP NO. 1
Assemble Utensils. Time and steps are saved by assembling all utensils beforehand. The utensils needed are:
- Measuring cups—2
- Measuring spoons—1 set (including tablespoon)
- Another ordinary tablespoon
- Large mixing spoon
- Spatula or kitchen knife
- Mixing bowl—at least 10 inches in diameter.
- Flour sifter
- 2 bowls for sifting flour
- 1 sauce pan for scalding milk
- 1 small pan for melting shortening
- 1 small bowl for yeast
- Scissors or sharp knife
- Tea Towel
- Bread Board

STEP NO. 2
Assemble Ingredients. These amounts will make 4 dozen Pan Rolls or 1 Tea Ring and 18 Butter-scotch Rolls.

RECIPE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Lukewarm water</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Yeast</td>
<td>2 cakes compressed (or granular)</td>
</tr>
<tr>
<td>Sugar</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>4 teaspoons</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Shortening</td>
<td>1/4 cup (4 tablespoons)</td>
</tr>
<tr>
<td>Flour</td>
<td>8 cups sifted OCCIDENT FLOUR</td>
</tr>
</tbody>
</table>
STEP NO. 3
Scald the 1 Cup of Milk. To scald milk, bring it slowly to a high temperature, but keep it below the boiling point.

STEP NO. 4
Melt ¼ Cup of Shortening, and set aside to cool sufficiently so that it will not be hot when ready to add to the batter.

STEP NO. 5
Measure 4 Teaspoons of Salt and ½ Cup of Sugar. Place in the large mixing bowl.

STEP NO. 8
Sift Flour Once Before Measuring.

STEP NO. 9
Now Measure Exactly 8 Cups of the Sifted Flour. Pile flour lightly into measuring cup... filling to the 1 cup mark. Use a spoon to dip the flour. Do not dip cup into flour or shake the cup.

USE EXACT MEASUREMENTS
Be sure that all measurements are accurate.

This Photo-Method for Rolls has been perfected to fit OCCIDENT FLOUR. Do not use any more flour than is indicated in the recipes.
STEP NO. 6
Pour the 1 Cup of Scalded Milk into the bowl and stir to dissolve sugar and salt. Cool until lukewarm.

"LUKEWARM" TEST
Place a drop of the liquid on the inside of your wrist. If it feels neither warm nor cold to you—it is lukewarm.

STEP NO. 7
Crumble 2 Cakes of Yeast into the small bowl. Add 1/2 cup of lukewarm water. Test water on wrist to be sure that it is lukewarm. Lukewarm water is used because yeast will not "grow" well in cold water. Water which is too hot will kill the yeast. LET THE YEAST SOFTEN FOR 5 MINUTES.

STEP NO. 10
Resift the 8 Cups of Measured Flour.

STEP NO. 11
Add the Softened Yeast and the remaining 1 CUP OF LUKEWARM WATER to the lukewarm milk mixture. Mix well.

STEP NO. 12
Add 4 Cups of Sifted Flour to the milk mixture and beat 1 minute.
STEP NO. 13
Add the 2 Unbeaten Eggs and blend thoroughly.

STEP NO. 14
Measure $\frac{1}{4}$ Cup of the Melted and Cooled Shortening and add to the dough. Beat 1 minute.

STEP NO. 15
Gradually Add $3\frac{3}{4}$ Cups of the Sifted Flour and stir until all the flour is worked into the dough.

STEP NO. 19
Now Knead the Dough for 10 Minutes Until Smooth and Satiny.

WHAT IS KNEADING?
Kneading is folding the dough over on itself, pushing it with a rocking motion, folding it over, pushing it and repeating this process in continuous action until the dough is satiny and smooth. Kneading thoroughly mixes the ingredients and develops elasticity.

HOW TO KNEAD:
Fold the outside edge of the dough over on itself toward you and push the dough with the HEELS of the palms of the hands. (The HEEL of the palm of the hand is the fleshy portion of the palm.)
STEP NO. 16
Sprinkle the Bread Board with the remaining 1/4 cup of flour.

STEP NO. 17
Turn the Dough Onto the Floured Bread Board and let it stand for 10 minutes. This rest period makes the dough more elastic and easier to knead.

STEP NO. 18
Lightly Grease the Large Mixing Bowl.

After every PUSH, turn the dough one-fourth of the way around, and fold it over toward you. Then PRESS the dough with the HEEL of the hand. Repeat in rhythm.

TEST FOR SUFFICIENT KNEADING:
To tell whether dough has been kneaded enough . . . hold your hand on the dough and count to 30.

If the dough does not stick to your hand, it has been kneaded enough. The surface of the dough should feel satiny and look smooth.
STEP NO. 20
Round the Dough Into a Smooth Ball and place it in the greased bowl . . . rolling it around once to lightly cover the entire surface with grease.

STEP NO. 21
Cover the Top of the Bowl with a clean damp towel and place in a warm spot away from drafts. If the room is chilly, the bowl may be set over a pan of warm (not hot) water while dough rises.

STEP NO. 22
Allow Dough to Rise Until Double in Bulk. (A temperature of 82°F. will require a rising period of approximately 1½ hours.)

STEP NO. 23
Punch Dough Down. Plunge your hand into the center of the dough and fold the edges toward the center.

STEP NO. 24
Sprinkle Bread Board with 1 teaspoon flour. Turn the dough onto the floured board, and cut it into two equal portions.

STEP NO. 25
Round Each Portion Into a Ball by gently rolling between the hands. This is done to seal the open pores left after the dough is cut.
HOW CAN YOU TELL WHEN THE DOUGH HAS Risen Sufficiently?

You will see blisters or gas bubbles begin to appear on top of the dough. The dough should be double in bulk at this time. Be sure dough is fully doubled.

Press your finger deeply into the dough. If the impression remains, the dough is light.

STEP NO. 26

Cover the Dough With a Dry Towel and let stand for 10 minutes. This "rest" period makes the dough much easier to handle.

THE DOUGH IS NOW READY TO BE FORMED INTO ANY SHAPE DESIRED.

Follow Instructions under "VARIATIONS" (Pages 16 to 26) for Shaping and Baking.
Refrigerated doughs are made for the convenience of the individual who desires to serve her family or guests hot rolls taken directly from the oven to the table for serving.

The rolls are of the best quality and have the greatest flavor-appeal when eaten immediately upon coming from the oven.

This perfect timing can be achieved by following suggestions in this Photo-Method.

Two pertinent factors in maintaining the keeping qualities of a refrigerator dough are:

1. The storage chamber (refrigerator or ice box) must be kept at a constant cold temperature. Ideal degree of coldness is 45°F. This retards the yeast action and preserves flavor in the final baked product.

2. The dough must be tightly and securely covered to prevent air from coming in contact with the dough. Lack of air retards yeast action.

A refrigerator dough may be used for baking when it is four hours old or during a period up to seven days if storage facilities are ideal.
STEP NO. 1 — Assemble Utensils
Time and steps are saved by assembling all utensils beforehand. The utensils needed are:
- Measuring cups—2
- Measuring spoons—1 set (including tablespoon)
- Another ordinary tablespoon
- Mixing bowl at least 10 inches in diameter
- Large mixing spoon
- Flour sifter
- 2 bowls for sifting flour
- 1 sauce pan for melting shortening
- 1 small bowl for yeast
- Spatula
- Wax paper
- Pastry Brush
- Tea Towel

STEP NO. 2 — Assemble Ingredients
These amounts will make 4 dozen rolls.

RECIPE
- Lukewarm water: 2 1/2 cups
- Yeast: 2 cakes compressed (or granular)
- Shortening: 1/2 cup
- Sugar: 1/2 cup
- Egg: 1
- Salt: 1 tablespoon
- Baking Powder: 1/2 teaspoon
- Soda: 1/2 teaspoon
- Flour: 7 1/2 cups sifted OCCIDENT FLOUR
STEP NO. 3
Crumble the 2 Yeast Cakes into the small bowl. Add \( \frac{1}{2} \) cup of lukewarm water... and let it soften for 5 minutes.

"LUKEWARM" TEST
Place a drop of the water on the inside of your wrist. If it feels neither warm nor cold to you—it is lukewarm.

Lukewarm water is used because yeast will not "grow" well in cold water. Water which is too hot will kill the yeast.

STEP NO. 4
Melt \( \frac{1}{2} \) Cup of Shortening and set aside to cool sufficiently so that it will not be hot when ready to add to the batter.

STEP NO. 7
Resift the 7\( \frac{1}{2} \) Cups of Measured Flour.

STEP NO. 8
Pour the 2 Cups of Lukewarm Water into the large 10 inch bowl.

STEP NO. 9
Add the Dissolved Yeast, \( \frac{1}{2} \) Cup Sugar and 1 Tablespoon Salt to the lukewarm water. Stir to dissolve.
STEP NO. 5
Sift Flour Once Before Measuring.

STEP NO. 6
Now Measure Exactly 7½ Cups of the Sifted Flour.
Pile flour lightly into measuring cup. Use a spoon to dip the flour. Do not dip cup into flour or shake the cup.

USE EXACT MEASUREMENTS
Be sure that all measurements are accurate.
This Photo-Method for Rolls has been perfected to fit OCCIDENT FLOUR. Do not use any more flour than is indicated in the recipes.

STEP NO. 10
Sift Into the Liquid 4 Cups of the Sifted Flour with ½ Teaspoon Baking Powder and ½ Teaspoon Soda.
Stir until dry ingredients and liquid are well mixed.
BEAT VIGOROUSLY 1 minute.

STEP NO. 11
Add the Unbeaten Egg and beat into the dough.

STEP NO. 12
Measure ½ Cup of the Melted and Cooled Shortening and add to the dough.
Stir until thoroughly blended.
STEP NO. 13
Gradually Add the Remaining 3 1/2 Cups of Sifted Flour...beating vigorously until dough becomes so stiff you cannot use a beating motion. Continue adding the remainder of the flour by working it in with the spoon.

STEP NO. 14
Make Sure That All Flour Is Well Worked Into the Dough. Scrape Dough from Spoon and Sides of Bowl into the dough. This Dough Is Not to Be Kneaded.

STEP NO. 15
Brush the Top Surface of the Dough Lightly with melted shortening.

STEP NO. 19
Remove Dough From Refrigerator and Uncover.

STEP NO. 20
Cut Off As Much Dough As Is Needed. Round into a ball and place on floured board. (Return balance of dough to refrigerator — making sure that it is well covered with wax paper and a damp towel.)

STEP NO. 21
Cover Dough on Board With a Dry Towel...and let stand for 20 minutes. This "rest" period makes the dough much easier to handle.
STEP NO. 16
Cover the Top of the Bowl with two layers of wax paper with a damp towel between. TIE ON SECURELY. This prevents a crust from forming during storage, and will also keep air away from the dough, preventing over-activity of the yeast during the storage period.

STEP NO. 17
Store in Constantly Cold Refrigerator (45°F.) until wanted. This dough may be used after being refrigerated 4 hours or up to 7 days.

STEP NO. 18
3 Hours Before Serving or Meal Time, sprinkle bread board with 1 teaspoon flour.

The Dough Is Now Ready to Be Formed Into Any Shape Desired. Follow Instructions Under "Variations" (Pages 16 to 26) For Shaping and Baking.

TO TEST OVEN IF STOVE DOES NOT HAVE HEAT CONTROL
1. Use an oven thermometer inside the oven.
   or
2. Test the heat of the oven by spreading ½ teaspoon of flour on an inverted baking tin in a layer ¼ inch thick, and place in oven.

   If flour turns delicate brown in 5 minutes, oven temperature is slow (250°F. to 350°F.).

   If flour turns golden brown in 5 minutes, oven temperature is moderate (350°F. to 400°F.).

   If flour turns to a deep brown in 5 minutes, oven temperature is hot (400°F. to 450°F.).
VARIATIONS

Four favorites... tea ring... butterscotch rolls... cloverleaf rolls... and pan rolls... made from either the Basic Roll Dough or the Refrigerator Roll Dough.

Easy, step-by-step directions and pictures on the following pages explain exactly how you can make all four of these delicious variations.

TO MAKE VARIATIONS...

USING BASIC ROLL DOUGH RECIPE...

Follow steps 1 to 26 on pages 3 to 9.
Proceed with the steps for the variation you have selected to make.

One-half of the Basic Roll Dough or the Refrigerator Roll Dough will be required for one Tea Ring or 18 large Butterscotch Rolls. The balance of the dough may be used as desired for cloverleaf, pan, parkerhouse, fan tans, crescents, cinnamon, jack horner, or any other shaped or sweet roll, coffee cake or tea ring.

Enjoy the delicious fresh-from-the-oven flavor and quality of your rolls or tea ring by serving as soon as possible after baking. If necessary, reheat before serving.

Cloverleaf Rolls
Butterscotch Rolls

USING REFRIGERATOR ROLL DOUGH RECIPE...

Follow steps 1 to 21 on pages 11 to 15.
Proceed with the steps for the variation you have selected to make.

Cloverleaf Rolls
Butterscotch Rolls

Tea Ring
Pan Rolls
PAN ROLLS

Continue with the following additional steps, using the BASIC ROLL DOUGH or the REFRIGERATOR ROLL DOUGH.

**STEP NO. 1**

**Assemble**
- Baking Pan (8-inch square) for 2 dozen rolls
- Rolling Pin
- Biscuit Cutter—2½ inch
- Small utensil in which to melt shortening
- Pastry Brush
- Shortening—2 tablespoons

**STEP NO. 2**

**Melt 2 Tablespoons of Shortening** and grease baking pan with a small amount of the melted shortening.

**STEP NO. 3**

Flatten the Portion of Dough with the palms of the hands.

**STEP NO. 4**

Roll Dough Out to 1/3 Inch Thickness.

**STEP NO. 5**

Cut the Rolled Dough with a 2½ inch Biscuit Cutter.

**STEP NO. 6**

Form Each Biscuit Into a Round Ball by drawing cut edges of dough under and pinching together.
STEP NO. 7
Brush Each Ball Lightly with melted shortening and place close together in greased baking pan.

STEP NO. 8
Cover With a Clean, Damp Towel. Set in a warm place away from drafts. LET RISE UNTIL DOUBLE IN BULK. (A room temperature of 82°F. will require a rising period of approximately 1 hour for the Basic Roll Dough and 2 hours for the Refrigerator Roll Dough.)

STEP NO. 9
Pre-Heat Oven to 425°F. in order that oven will be proper temperature when rolls have risen double in bulk.

STEP NO. 10
Reset the Oven Control at 400°F. Place rolls in oven and bake for 18 minutes.

STEP NO. 11
Remove Rolls From Oven. Serve while hot. (If not intended to serve at once, remove rolls from baking pan and place on cooling racks. Do not cover while warm. Reheat before serving by placing in a tightly covered pan or bun warmer.)
BUTTERSCOTCH ROLLS

Continue with the following additional steps, using one-half of the BASIC ROLL DOUGH or REFRIGERATOR ROLL DOUGH.

STEP NO. 1

Assemble Utensils
Rolling Pin
Muffin Pans for 18 rolls
Scissors or Sharp Knife
Measuring Cup
Measuring Spoons
Small utensil in which to melt shortening

STEP NO. 2

Assemble Ingredients
(These amounts are for 18 large rolls)
Butter 6 tablespoons
Brown Sugar 1 cup
Nut Meats 1/2 cup
Water

STEP NO. 3

Melt the 6 Tablespoons of Butter.

STEP NO. 4

Cover the Bottom of Each Muffin Cup
with 1 1/2 teaspoons brown sugar and 1/2 teaspoon melted butter. Sprinkle with 1/4 teaspoon water. Place 3 or 4 nut meats on top of the sugar mixture.

STEP NO. 5

Flatten the Portion of Dough (one-half of the Basic Roll Dough or the Refrigerator Roll Dough) with the palms of the hands.
STEP NO. 6
Roll Dough Into an Oblong (9 inches by 18 inches) 1/3 inch thick.

STEP NO. 7
Cover the Dough With the Remaining Melted Butter and Sprinkle with 1/2 Cup of Brown Sugar.

STEP NO. 8
Roll the Dough Up Lengthwise (Jelly-Roll Fashion). Seal edge firmly.

STEP NO. 11
Preheat Oven to 400° F. in order that oven will be proper temperature when rolls have risen double in bulk.

STEP NO. 12
Reset Oven Control at 375° F. Place rolls in oven and bake 20 minutes.

STEP NO. 13
Remove Rolls from Oven. Turn pan upside down on cooling rack. Let stand for 1 minute before removing rolls in order that Butterscotch mixture will coat each roll.
STEP NO. 9
With Scissors or Sharp Knife cut dough into one-inch slices. Place slices into prepared muffin cups.

STEP NO. 10
Cover With Wax Paper and a Damp Towel. Set in a warm place away from drafts. LET RISE UNTIL DOUBLE IN BULK. (A room temperature of 82°F. will require a rising period of approximately 1 hour for the Basic Roll Dough and 2 hours for the Refrigerator Roll Dough.)
TEA RING

Continue with the following additional steps, using one-half of the BASIC ROLL DOUGH or the REFRIGERATOR ROLL DOUGH.

STEP NO. 1

Assemble Utensils
- Baking sheet (11 in. x 14 in.)
- Rolling pin
- Scissors
- Small bowls (two for sugar mixtures)
- Measuring spoons
- Measuring cup
- Small pan in which to melt shortening
- Tablespoon

STEP NO. 2

Assemble Ingredients
- Brown Sugar ½ cup
- Cinnamon 1 teaspoon
- Butter 2 tablespoons
- Powdered Sugar ½ cup
- Milk 3 teaspoons
- Vanilla ¼ teaspoon
- Chopped Nuts ½ cup

STEP NO. 7

Roll the Dough Into An Oblong (9 inches by 18 inches)—¼ inch thick.

STEP NO. 8

Cover the Rolled Dough with the remaining melted butter and SPRinkle WITH THE BROWN SUGAR AND CINNAMON MIXTURE. (Chopped dates, raisins, apples or other fruit may be added to the ring at this time, if desired.)

STEP NO. 9

Roll the Dough Lengthwise (Jelly-roll fashion). Seal edge firmly.
STEP NO. 3
Melt the 2 Tablespoons Butter.

STEP NO. 4
Grease Baking Sheet with a small amount of the melted butter.

STEP NO. 5
Mix Together the ½ Cup Brown Sugar and 1 Teaspoon Cinnamon.

STEP NO. 6
Flatten the Portion of Dough (one-half of Basic Roll Dough or the Refrigerator Roll Dough) with the palms of the hands.

STEP NO. 10
Place—Sealed Edge Down—on the Greased Baking Sheet. SHAPE INTO A RING and seal the ends together.

STEP NO. 11
With Scissors, Cut Through Ring to Within ½ Inch of the Inner Edge—in slices one inch wide.

STEP NO. 12
Twist Each Slice Slightly on its side.
STEP NO. 13

Cover With Wax Paper and a Damp Towel. Set in a warm place, away from drafts. LET RISE UNTIL DOUBLE IN BULK. (A room temperature of 82°F. will require a rising period of approximately 1 hour for the Basic Roll Dough and 2 hours for the Refrigerator Roll Dough.)

STEP NO. 14

Preheat Oven to 400°F. in order that oven will be proper temperature when tea ring has risen double in bulk.

STEP NO. 15

Reset Oven Control at 375°F. Place tea ring in oven and bake for 25 minutes.

STEP NO. 16

Remove Ring From Oven. Place on cooling rack.

STEP NO. 17

Prepare Confectioner’s Icing by blending ½ cup powdered sugar with 3 teaspoons milk. Add ¼ teaspoon vanilla. Stir well

STEP NO. 18

While Ring Is Still Warm spread with the icing and sprinkle with 1/3 cup chopped nuts.
CLOVERLEAF ROLLS

Continue with the following additional steps, using the BASIC ROLL DOUGH or the REFRIGERATOR ROLL DOUGH.

STEP NO. 1
Assemble
Muffin Pans
Scissors or Sharp Knife
Small utensil in which to melt shortening
Shortening—2 tablespoons

STEP NO. 2
Melt 2 Tablespoons of Shortening, and grease muffin pans with a small amount of the melted shortening.

STEP NO. 3
With Scissors or Sharp Knife cut off equal portions of dough (the size of a large egg). Cut each of these portions into 3 equal parts.

STEP NO. 4
Form the Small Portions of Dough Into Smooth Round Balls by drawing dough around and over all cut surfaces.

STEP NO. 5
Coat Each Ball Lightly With Melted Shortening.
Place 3 balls of dough in each muffin cup. (The 3 balls should cover bottom of the muffin cup.)

STEP NO. 6
Cover with a Clean Damp Towel. Set in a warm place away from drafts. LET RISE UNTIL DOUBLE IN BULK. (A room temperature of 82°F. will require a rising period of approximately 1 hour for the Basic Roll Dough and 2 hours for the Refrigerator Roll Dough.)
STEP NO. 7
Preheat Oven to 425°F. in order that oven will be proper temperature when rolls have risen double in bulk.

STEP NO. 8
Reset Oven Control at 400° F. Place rolls in oven and bake for 18 minutes.

STEP NO. 9
Remove Rolls From Oven. Serve while hot. (If not intended to serve at once, remove rolls from muffin pans and place on cooling racks. Do not cover while warm. Reheat before serving by placing in a tightly covered pan or bun warmer.)
WE GUARANTEE YOUR BAKING RESULTS.....

...... when you use this Virginia Roberts PHOTO-METHOD and OCCIDENT FLOUR

In your own kitchen, using your stove and your utensils the quality of Occident Flour is guaranteed to be sufficiently superior to be immediately noticeable. If after making as many bakings as you please with Occident Flour you are not better satisfied with your baking results, return the unused portion of the sack to your dealer and he will refund your purchase price.

RUSSELL-MILLER MILLING CO.
Minneapolis, Minn.