

Quick Mixes – Hot Roll Mix

This makes 22 cups of mix. It will fill 3 (half-gallon) mason jars.

For Vacuum Sealing: Line each jar with a gallon size zip loc baggie or bread baggie. Twist close or zip close, leaving ¼ inch open. Vacuum seal.

Clean and sprout 8 cups wheat (soak in twice the amount of water for 24 hours). Dehydrate wheat for 8 hours at 115 F. Grind into flour.

Use flour from sprouted wheat plus white flour to make 17 cups

or

9 cups whole wheat flour
8 cups all-purpose flour

Add:

1 cup sugar
2 TB salt
1 cup instant non-fat dry milk
½ cup vital wheat gluten
¼ cup dough enhancer
1 cup instant potato flakes

Combine all ingredients in a large bowl. Stir together to distribute evenly. Put in a large air-tight container. Store in freezer or vacuum seal to store on shelf.

Dinner Rolls for Breadmaker

1 cup water
2 TB butter
1 egg
3 ½ cups hot roll mix
3 tsp yeast

Place all ingredients in bread pan in the order listed. Select DOUGH cycle. After mixing, divide dough into 16 pieces into rolls. Let rise 30-40 minutes. Bake at 375 F for 12-15 minutes.

Best Bread Sticks

1 ½ cups warm water
1 TB instant yeast

1 TB malted milk powder
3 ½ cups hot roll mix

In large mixing bowl, soften yeast in warm water. Add malted milk powder and blend. Add Hot Roll mix gradually, mixing until dough pulls away from sides of bowl to form a ball. Knead for 5 minutes in mixer or until dough is smooth and elastic. Roll dough onto a pizza pan and cut bread sticks with a pizza cutter. Top with the following:

2 TB melted butter
Parmesan cheese
Garlic Bread Seasoning

Pizza Crust

1 ¼ cup warm water
2 TB olive oil
1 TB yeast
3 ½ cups flour

Dissolve yeast in warm water. Stir in oil and salt. Add Hot Roll Mix (beginning with 3 cups – add more if needed). Knead vigorously until smooth and elastic (about 5 minutes in Bosch). Brush lightly with oil and let rise until double in bulk. Roll thin onto pizza pans. Spread with filling. Bake 20-25 minutes at 400 F. Make 2 small pizzas.

Hamburger or Hoagie Buns

1 ½ cups warm water
2 TB instant yeast
2 eggs, beaten
¼ cup olive oil
5-6 cups Hot Roll Mix
2 TB butter, melted

In large bowl, stir yeast into lukewarm water until softened. Stir in oil and eggs. Beat in 5 cups Hot Roll Mix until blended. Let rest 2 minutes. Add enough of the remaining mix to make a soft dough. Knead until smooth, 7-10 minutes. Grease 2 baking sheets.

Roll out dough ½ inch thick. Cut buns with a large can or bun cutter, or divide dough into 12 equal pieces, shaping each into a 4-inch circle, ½ inch thick. Let rise 1-15 minutes. Preheat oven to 425 F. Bake 10 minutes until golden brown. Remove from baking sheets; cool. To keep the buns soft, brush with butter then cover with a dry cloth. Makes 12 5-inch buns.

Pan Rolls

1 TB yeast
1 ½ cups warm water
2 eggs, beaten
½ cup olive oil
5-6 cups Hot Roll Mix

In large bowl, dissolve yeast in warm water. Blend in eggs and oil. Add 5 cups Hot Roll Mix. Blend well. Add additional mix to make a soft, but not too sticky dough. Knead about 5 minutes until dough is smooth. Grease baking sheet. Divide dough in 25-30 balls. shape into rolls. Cover and let rise until double. Bake 20-25 minutes in oven preheated to 375 F. Makes 24-30 rolls.

Bread Basket Bowls

1 TB instant yeast
1 ½ cups warm water
1 egg, slightly beaten
2 TB olive oil
About 5 ½ cups Hot Roll Mix
1 egg
1 TB water

In large bowl, dissolve yeast in water. Blend in eggs and oil. Gradually stir in 3 cups Hot Roll Mix until blended. Add additional Hot Roll Mix to make a stiff dough. Knead for 5 minutes or until dough is smooth and elastic.

Divide dough into 8 pieces. Shape into large round rolls and place on greased baking sheet. Let rise until double. Bake in 375 F Oven for 20 minutes. Beat 1 egg with 1 TB water. Brush bread bowls with egg-water mixture. Bake 5 minutes longer. Remove from oven.

Scones

1 ½ cups warm water
2 TB instant yeast
2 eggs, beaten
¼ cup olive oil
5-6 cups Hot Roll Mix
2 TB butter, melted

In large bowl, stir yeast into lukewarm water until softened. Stir in oil and eggs. Beat in 5 cups Hot Roll Mix until blended. Let rest 2 minutes. Add enough of the remaining mix to make a soft dough. Knead until smooth, 7-10 minutes.

Divide dough into 8-10 pieces. Shape into scones and fry in hot oil until golden brown.