

SWEET DOUGH

INGREDIENTS:

- ❖ Yeast 2 TBSP
 - ❖ Water (105 – 110°) ¾ Cup
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- ❖ Water 1¼ Cup
- ❖ Sugar ½ Cup
- ❖ Salt 1½ tsp
- ❖ Shortening ¾ Cup
- ❖ Eggs 5 ea
- ❖ Flour 9 – 10 Cups
- ❖ Milk 6 Cups

METHOD:

1. Soften yeast in warm water for 5 minutes.
2. Place ingredients in mixing bowl in order listed.
3. Mix on low speed 1 minute.
4. Add yeast mixture.
5. Mix on low speed 1 minute.
6. Mix on medium speed 10 – 15 minutes until smooth and elastic. (Dough should be between 78 – 80°)
7. Ferment until double in bulk.
8. Punch down and divide into 1 lb. pieces.
9. Mold into triangular shapes.
10. Let rest 10 – 20 minutes.
11. Make up into desired pastry.
12. Proof until double in size.
13. Bake 15 – 20 minutes at 400°.
14. Glaze or frost with desired topping.

NOTE:

- ✚ This recipe is most commonly used for cinnamon rolls or similar pastry.
- ✚ In sweet dough (especially if using a dough machine to kneed) non-fat dry milk and dehydrated eggs will actually make the dough turn out better than using fresh.
Use 1½ TBSP non-fat dry milk (do NOT reconstitute but add with flour) add ½ cup water.
Use ¼ cup dehydrated egg (do NOT reconstitute but add with flour) add ¾ cup water.
- ✚ Dough is MUCH easier to handle and (in my opinion) tastes better if you retard the dough by refrigerating dough immediately after step 9 skip step 10 and make up right out of the refrigerator. So make the dough the day before you bake it. 😊

