

A Recipe For Serving Up Holiday Flavor

(NAPSA)—Filling your home with the warm, satisfying aroma of baking bread or rolls is one way to put the whole family in a joyous holiday mood.

The first step is to decide which dough mixing method you'll use. There are two: the straight or direct method, in which all dough ingredients are mixed together at virtually the same time. This is the most frequently used method.

The other method, the sponge method, is the older method, and the one that arguably produces bread with the fullest flavor and the most preferred texture. It is called the "sponge" method because in the early stage, the thick, batter-like mixture takes on a consistency resembling a sponge.

The yeast is allowed to ferment for a relatively longer period of time, creating breads and rolls with a full flavor and light texture.

At Thanksgiving or any holiday when the family gathers together, you can use this recipe created by Fleischmann's Yeast to create the most delicious rolls imaginable.

Sponge Method Dinner Rolls Makes 12 Rolls

¼ cup warm water (100° to 110° F)

1 envelope Fleischmann's Active Dry Yeast

2 to 2-½ cups all-purpose flour

½ cup warm milk (100° to 110° F)

¼ cup butter or margarine, softened

2 tablespoons sugar

½ teaspoon salt

1 egg, beaten

Poppy or sesame seed, optional

Place water in a large bowl.



The sponge method of mixing dough results in fuller flavor and a lighter texture.

Sprinkle in yeast; stir until dissolved. Add 1 cup flour; stir until smooth. Cover; let rise in warm, draft-free place until light and spongy, about 1 hour.

Stir sponge down; add milk, butter, sugar, salt, and ½ cup flour. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Stir in enough remaining flour to make a soft dough.

Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm, draft-free place until doubled in size, about 45 minutes to 1 hour.

Punch down dough; turn out on to lightly floured surface. Divide dough into 12 equal pieces; shape as desired. Place rolls, about 2 inches apart on greased baking sheet. Cover; let rise in warm, draft-free place until doubled in

size, about 30 to 45 minutes.

Brush rolls with beaten egg. If desired, sprinkle with poppy or sesame seed. Bake at 375° F for 15 to 20 minutes or until golden. Remove from sheet; serve warm.

Roll Shapes:

Knots: Divide dough into 12 pieces; roll to 9-inch ropes. Tie loose in center of each rope.

Rosettes: Divide dough into 12 equal pieces; roll to 12-inch ropes. Tie loose knot in center of each rope. Bring bottom end up and tuck into center of roll; wrap top end around and tuck under roll.

Posy Rolls: Divide dough into 12 equal pieces; roll into smooth balls. Let rise as directed. Just before baking, with scissors, make 6 snips, ¾-inch deep, around perimeter of each ball.

For more recipes and baking tips, visit Fleischmann's Yeast at www.breadworld.com.