

Cooking Collaborative @ HPU

MULTI-PURPOSE DOUGH

DOUGH INGREDIENTS

- 1 1/3 cup warm water (100-110F)
- 2 teaspoons active, dry yeast
- 2 teaspoons brown sugar or honey
- 1 egg
- 1 teaspoon fine sea salt
- 3 to 3 1/2 cups all-purpose flour

INSTRUCTIONS

- In a large mixing bowl, combine the water, yeast, and sugar/honey. Stir until dissolved.
- Stir in egg and salt.
- Stir in 1 cup of flour at a time till mixture is too stiff to mix with a fork. Transfer dough to well floured surface.
- Knead dough 4-5 minutes or until smooth (add more flour if dough continues to stick to hands).
- Shape dough into a ball and place in a bowl.
- Cover with dish cloth and let rise for one hour in warm place or until doubled.
- Use dough in recipe of your choice (see next page for recipes).

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MULTI-PURPOSE DOUGH RECIPES

PIZZA INSTRUCTIONS

- Once the first rise is complete, punch dough down and press into 12-in circle on baking stone or baking sheet (you can also use a standard baking sheet if needed).
- Top with favorite marinara sauce (thin layer), cheese, and toppings of choice.
- Bake in oven at 450 for 15 - 20 minutes, or until crust is golden brown and the cheese is bubbly.

SANDWICH BREAD INSTRUCTIONS

- Grease 9" x 5" loaf pan.
- Once the first rise is complete, punch dough down and shape into a "log".
- Place dough into loaf pan and allow to rise 20 - 30 minutes, or until dough rises to edge of pan.
- Bake in oven at 350 for 25-30 minutes, or until top is lightly brown.

CINNAMON ROLLS INSTRUCTIONS

- Grease a 9" x 13" pan.
- Once the first rise is complete, punch dough down.
- On a well floured surface, roll dough into a 20" x 13" rectangle.
- Spread 4 tablespoons of softened butter on top (leave 1/2" margin around edges).
- Mix 1/2 cup of brown sugar and 2 tablespoons of cinnamon. Sprinkle mixture over buttered dough.
- Starting on long side, roll up dough. Press the seam together to seal the roll.
- Use a serrated knife to cut dough in to 12 even pieces.
- Arrange rolls in pan and allow to rise 30 minutes, or until rolls are puffy.
- Bake in oven at 350 for 25 minutes, or until tops of rolls are golden brown.