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Canola Oil Dough

Makes four 1-pound loaves.

7 cups flour (I used Eagle Mills which is a combo of ½ white whole wheat and ½ all purpose)

1 ½ tablespoons yeast

1 tablespoon kosher salt

¼ cup vital wheat gluten

3 ½ cups lukewarm water

½ cup canola oil or olive oil

Whisk together the dry ingredients using a heavy duty spoon and plastic shoe box.

Cover and allow the dough to rest at room temperature for 2 hours.

Refrigerate the dough and use it within 5 days.

On baking day, use one portion of dough at a time. (Visually divide into four dough balls or weigh if you have a scale, but approximate is fine)

Use one dough ball, dusting with flour as necessary. Sprinkle 1-2 teaspoons on the dough and drizzle with honey or raw sugar or white sugar if you must. I'm trying to stick with honey and raw sugar as much as possible. Roll up the dough in a log and pinch the seam closed. Cut into rolls with a sharp knife or a piece of unwaxed floss. Don't worry if they are sticky. You can dip your knife blade in flour each time to help with this. Place each portion of dough in one 9x13 pan-don't overcrowd because they do rise some. I actually preferred mine closer to together with first batch because they were softer because they were touching-if you spread them out as I did below they are lightly toasted on all sides instead of on top only and they bake a little quicker-so choose the method you like.

Bake 20 -25 minutes if you are baking more than two pans. One pan bakes about 15-20 minutes, but why bake one if you're going to all the trouble of flour, honey, cinnamon (all messy) and electricity? Just bake them all at once, cool and freeze for a convenient breakfast or breakfast bar for dinner.

Make sure you allow them cool completely for an hour on a cooling rack before you freeze in a gallon size freezer bag (which can be reused) for future rolls.

If you're wondering where the icing is, I make mine on demand. I use a small ramekin and put about 1/2 cup of powdered sugar and a splash of milk and vanilla extract and make a thick consistency. Because I top it with icing, I feel I can use less sugar in the dough (remember I used honey). It works for us, but you do what works for your family.

Enjoy warm cinnamon rolls now and later.

Thawing-thaw 24 hours on the counter and microwave 15-20 seconds per roll or thaw in the microwave for one minute and then proceed to microwave on high. Ice on demand.