

Pocketbook Rolls

(makes about 2 dozen rolls)

1 packet active dry yeast
1/2 cup lukewarm whole milk
1/4 cup vegetable shortening, room temperature
4 tablespoons butter, room temperature
1/4 cup sugar-
1/2 cup boiling water
1 large egg, beaten
3 cups all purpose flour (as always I am using white spelt flour)
1 1/2 teaspoons salt
8 tablespoons butter, melted

1. Proof the yeast in the lukewarm milk until bubbly. Should take about 5 minutes, depends on your yeast though.
2. Meanwhile cream the shortening, butter and the sugar in a large mixing bowl. Gradually beat in the boiling water.
3. add the yeast mixture and stir until well blended.
4. add the egg and stir until well blended
5. add the flour and salt and mix very well.(from here you can keep the mixture up to one week in the fridge covered lightly with plastic wrap for further use)
6. Three hours before ready to use:
7. Roll out the dough. About 1/2 inch thick.
8. Cut into rounds with a 2 to 2 1/2 inch biscuit cutter.
9. Fold each round in half and place on greased baking sheet.
10. Brush each roll generously with melted butter, cover with a towel.
11. Let rise in a warm place for about 2 1/2 hours.
12. Preheat the oven to 400°F
13. Bake the rolls until golden brown. Should take about 7-8 minutes
14. Serve hot

(adapted from The Glory of Southern Cooking by James Villas)

Original post can be found on my blog Notitie van Lien ©2012

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