



real food for real people

Saucy's Basic Bun Dough

This is a basic dough that Saucy uses for a variety of things like Dinner Rolls, Cinnamon Buns and Pizza Buns.

It take practice to get it right, but it is well worth the effort (you get to eat the samples).

This will make about 2 Dozen Dinner Rolls

Ingredients	Metric	Imperial
Water, Warm	500 mL	2 Cups
Yeast, Dry instant	15 mL	1 TBSP
Salt	5 mL	1 TSP
Sugar	62.5 mL	1/4 Cups
Oil, Canola or whatever you have	62.5 mL	1/4 Cups
All Purposr Flour (or half Whole Wheat)(more or less)	1000 mL	4 Cups

Add oil, sugar, salt & Yeast to warm water.

Allow yeast to proof.

Add half of flour to water and mix until well combined.

Add remaining flour a cup or two at a time until mixing it until is feels right.

Knead for about 5-10 minutes and add a bit of additional flour if needed.

Dough should be slightly sticky.

Add a 1-2 Tablespoons oil to a big bowl, place the dough in the bowl flipping around to cover with oil. Cover

Allow to rise until doubled in bulk.

Punch down & shape into buns and place on parchment covered baking sheet and allow to rise again.

Bake @ ~350F preheated oven for 20-25 minute or until done.

