

*Six Steamy, Hot  
GF Yeast Rolls*

from Gluten Free Cooking School  
written by Mary Frances Pickett

**W**elcome to Six Steamy Hot Gluten Free Yeast Rolls – the cooking class that will make hot dinner rolls a part of your life again. The number of gluten free foods that can be bought ready-made has increased exponentially in recent years, but it's still nearly impossible to find a pre-made, frozen, dinner roll. Why? If my experience is any guide, it's because it's really hard to make a good gluten free roll.

But, you're about to learn how. In fact, you're going to learn how to make 6 different kinds of yeast rolls using just one recipe. We'll start with basic dinner rolls, and then I'll show you 5 techniques for shaping different sorts of yeast rolls.

### Goal:

Your goal for this class is to bake a batch of dinner rolls that you'd feel comfortable serving to dinner guests. To complete the class you'll need to make two batches of rolls. The first will be the basic yeast roll recipe and the second will be one of the shaped roll variations.

### What To Expect:

This class builds on the skills that you learned in Gluten Free Bread 101. We're going to make a slightly tighter dough and work on shaping it to make decorative free-form breads. You'll also get to see how a few tweaks to the bread recipe that we worked with in Gluten Free Bread 101 affects the bread crumb.

### What You'll Need:

Before you get started with the class, make sure that you have everything for the first recipe.

#### Equipment Needed:

mixing bowls	saran wrap	mixer
kitchen scale	measuring spoons	parchment paper
kitchen thermometer	measuring cup	muffin pan
rolling pin	baking sheet	

#### Ingredients:

brown rice flour or sorghum flour	butter (non-dairy is fine)	sugar
corn starch or tapioca starch	xanthan gum	milk (non-dairy is fine)
potato starch	salt	active dry yeast
	eggs	

**Session 1 (45 minutes):** Start by reading through the article - Tips for Making Great Rolls. Then review the recipe and directions for Mary's Gluten Free Yeast Rolls – these will be the first yeast rolls that you make since this is the base recipe for all of the other variations. Watch the video too, because seeing me make the dough and shape the rolls is the most helpful part of this class.

1. [10 Tips for Making Great Rolls](#)
2. [Mary's Gluten Free Yeast Rolls - Base Recipe](#)
3. [Making and Shaping Yeast Rolls](#)

**Session 2:** My favorite session! It's time to bake. You'll need to allocate a few hours to this project. It only takes about 20 minutes to mix the dough, but then the dough needs to rise until it doubles in size which could take several hours. (You can let it rise overnight in the refrigerator if you like). Then you'll need another 20 – 30 minutes to shape the rolls, 30 minutes to let them rise again, and 25 minutes to bake.

Please don't let that overwhelm you. It's very much a work a little, wait a little, work a little more type of project. And then there are hot rolls to eat at the end!

**Session 3:** In this baking session you'll make at least one of the yeast roll variations. The Parker House Rolls are my favorite because I made them with my grandmother every Sunday, My kids loved the Hot Cross Buns the best. The Cloverleaf Rolls look fancy, but are so easy to make. The Palm Leaf Rolls are just supercool looking are perfect with a cup of tea and coffee since they are lightly sweetened.

1. [Read through the variation recipes and choose a roll to make.](#)
2. [Review the video](#) for the particular type of roll that you are making.
3. Get to baking!

**Bonus:** [Save Time By Parbaking Rolls](#)

# 10 Tips for Making Great Rolls

1. **Potato starch is the secret to fluffy rolls that reheat well.** None of us love how much starch goes into gluten free baking, but it does serve a purpose. Potato starch granules swell to a much larger size than corn starch or tapioca starch, and this makes the texture of the dough much lighter once it's baked.
2. **Use a thermometer to monitor the temperature of your liquid.** Yeast is a living ingredient, and like each of us, it likes a certain temperature range. If you mix the yeast with a liquid that is hotter than 115 degrees, then your yeast is not going to do it's job.

Be sure to stir your liquid right before you check the temperature. I often leave my thermometer in the milk and watch the temp come down. But, I've found that the milk around the thermometer tends to cool more quickly. If you give it a stir, you'll see the temperature jump up 10 – 20 degrees more.

3. **Use parchment paper and wet hands to manage sticky doughs.** Sticky doughs make for good rolls, but they can be frustrating to deal with. Rather than adding more flour to the dough (which really defeats the purpose) line your work area with parchment paper, and then wet your hands. Wet hands do not stick to dough!
4. **To get evenly sized rolls, use a scale.** It's frustrating to make a recipe that's supposed to yield 18 rolls and then end up with only 12 rolls. If you have a scale (and I highly recommend that you do), weigh the entire batch of dough and divide by the yield to determine how much dough to use for each roll. With enough practice, you'll get a feel for how much dough to use and you won't have to do this every time.
5. **Sprinkle plain rolls with seeds to make them special.** My basic roll recipe is very good, but if you'd like to add some variety to your roll consumption sprinkle the tops of the unbaked rolls with seeds. Poppy, celery, fennel, caraway and sesame are all good options.
6. **Encourage browning.** Gluten free flours do not brown as well as wheat flour. To encourage the top of your rolls to brown, brush the rolls with melted butter, olive oil, or a beaten egg.
7. **Get your oven hot.** A hot oven quickly changes the water in the rolls to steam, which helps the rolls rise quickly before the crust sets. Then the high heat helps develop a crusty crust. Most rolls are baked at 425 degrees. Use an oven thermometer to make sure

your oven is getting that hot.

8. **Maintain an even oven temperature.** Modern ovens can vary greatly in how they maintain the oven temperature. If you open the oven for too long, letting the oven temperature drop, your oven may overcompensate by pouring 500 degree heat into your oven to quickly raise the temperature back up. I like to put a baking stone on the bottom rack of the oven when I turn it on to preheat. The stone soaks up heat and releases it at a constant rate, which helps to maintain an even oven temperature.

Oh, and don't leave the oven door open any longer than you have to.

9. **Don't make soggy rolls.** Once your rolls come out of the oven, move them off of the baking sheet to cool. If you need to keep them warm for supper, wrap them in a linen napkin and put them in a basket like your grandmother used to.
10. **These rolls reheat.** These rolls reheat very well. You can just put them in the toaster if you're in a hurry. But a better method is to wrap the leftover rolls in aluminum foil (leaving the top open for now), sprinkle them with a little bit of water, close the foil, and then pop them in to a warm oven until they are hot all the way through.

## Mary's Gluten Free Yeast Rolls

(1 ½ dozen rolls)

9.0 oz. (2 c.) brown rice flour	2 oz. (4 Tbsp.) butter, melted
6.25 oz. (1 ¼ c.) cornstarch or tapioca starch	6 oz. water (optional)
1.5 oz. (¼ c.) potato starch	2 Tbsp. sugar
1 Tbsp. (9 g) xanthan gum	10 oz. (1.25 c.) milk** or water
1 tsp (12 g) salt	1 Tbsp. active dry yeast
6 oz. (3 large) eggs, beaten	

### Instructions:

Heat the milk in a saucepan until it is scalded (heated to 180 degrees F). Let the milk cool to between 105 – 115 degrees F .

Add the sugar and yeast to the milk and stir gently until combined. Set the milk mixture aside until the yeast has proofed. (If you're using water, just proof the yeast with 105 – 115 degree water and the sugar.)

In a large mixing bowl, combine the brown rice flour, starches, xanthan gum and salt. Add the milk/yeast mixture, and the beaten eggs to the flour and beat for 3 -4 minutes.

Add up to 6 oz of water, *if needed*, to reach the desired dough consistency.

Cover the dough and allow it to rise until doubled in size. You can cover the bowl with plastic wrap and let the dough rise in the refrigerator for up to 24 hours.

Turn the dough out onto a very lightly floured

board and knead it gently a few times.

Separate the dough into 2 oz pieces (approximately 18 rolls). Roll each piece of dough between your floured hands until it forms a ball. Then lightly coat the roll with flour and set aside on your baking pan.

If the dough is too soft to knead: Scoop a roll-sized piece of dough out of the bowl with a spoon and drop it onto a well-floured surface. Roll the dough in the flour to lightly coat and then pick it up and shape it.

Repeat for each piece of dough. Cover the rolls with a lightly floured towel and let them rise for thirty minutes. Brush melted butter over the tops of the rolls and bake at 425 degrees F for 20 - 25 minutes, or until the top of the rolls are golden brown and crispy. Bake for 15 – 20 minutes for parbaking.

\*\*Gluten free, non-dairy milks can be used.

Hey! It's Time To Watch A Video

*Go to:*

[www.glutenfreecookingschool.com/cooking-  
class-videos/](http://www.glutenfreecookingschool.com/cooking-class-videos/)

click on Gluten Free Yeast Rolls,  
and watch me fill tables full of rolls

*The Password is: risingrolls*

## Mary's Yeast Roll Variations

### **Rice Free Yeast Rolls:**

Substitute sorghum flour for the brown rice flour.

### **Hot Cross Bun Recipe Adaption:**

Increase sugar to  $\frac{1}{4}$  cup. Add  $\frac{1}{4}$  c. currants or raisins,  $\frac{1}{4}$  tsp. cinnamon, and  $\frac{1}{8}$  tsp. ground nutmeg to the dough.

After the dough has doubled in volume, knead it a couple of times and then separate the dough into 18 pieces. Shape the dough into balls and place each one 1.5" apart on a baking sheet. Cut a cross into the top of each.

Bake at 425 degrees F for 20 - 25 minutes (or 16 – 20 minutes for parbaking). After the rolls have baked and cooled, use white icing to make the traditional cross on top.

### **Palm Leaf Roll Recipe Adaption:**

Increase butter to 4 oz and cut it into the flour rather than melting it. Add 1 tsp. vanilla. Do not add the 6 oz of optional water, as this dough will be rolled out. Make a Cinnamon Sugar mixture from 1 c. sugar and 2 tsp. ground cinnamon.

Make the dough as above. After the initial rise separate the dough into two pieces. Sprinkle a sheet of parchment paper with half of the sugar mixture and then, on top of that, roll out half of the dough into a 6 x 18 inch rectangle. Fold the dough as shown in the video. Slice the dough into  $\frac{1}{4}$ " pieces and arrange 1" apart on a baking sheet. Repeat this for the other half of the sugar mixture and dough.

Cover the rolls with plastic wrap and let them rise for 20 minutes, at which point they will have increased in size and become somewhat puffy. Bake at 375 degrees for 20 minutes and then remove to a rack to cool.

### **Parker House Rolls (Pocketbook Rolls)**

Divide the dough into approximately 30 pieces. (An easy way to do this is to roll the dough into a tube that is 30 inches long and then slice off 1" slices). Form each piece of dough into a ball and then roll it out into a 2" round. Brush each piece with melted butter. Use the blade of a kitchen knife to make a crease across the center of the roll, and then fold the roll in half on the crease.



Place the rolls about 2” apart on a baking sheet and cover with plastic wrap. Let the rolls rise they are slightly puffy, but not so much that they start to fall open. Bake them in a preheated 425 degree oven for 15 minutes (12 minutes for parbaking).

### **Cloverleaf Rolls**

Divide the dough into 24 equally-sized pieces, then divide each of those pieces of dough into 3 pieces. Roll each of the small pieces into a ball and place in a muffin cup. Brush the tops with melted butter and cover the muffin tin. Let the rolls rise in a warm place until doubled in size. Bake in a preheated 425 degree oven for 15 – 18 minutes (12 – 14.5 minutes for parbaking.)

### **Joined Finger Rolls**

Divide the dough into 18 pieces. Roll the pieces into balls first and then shape them 3” oblong-shaped rolls (Watch the video – it's much easier to show this than to write about it!) The rolls should be approximately 1.5” wide at the center and slightly tapered towards the ends.

Place the rolls in straight lines on a greased baking sheet, leaving about 1/2” between each roll. Whisk together 1 egg and a pinch of salt and brush it over the top of the rolls.

Cover the rolls with greased plastic wrap and let them rise in a warm place until doubled in size. Brush the rolls again with the remaining egg wash and lightly sprinkle them with sugar or salt. Bake in a preheated 425 degrees oven for 15 minutes (12 minutes for parbaking)

## Bonus: Save Time By Parbaking Rolls

Parbaking is the culinary term for partially baking bread and throwing it in the freezer so that you can finish baking it later. Think Sister Schubert frozen rolls.

Parbaking your rolls is a great way to make sure that you have rolls on hand that can be made with a minimum amount of forethought. You'll be able to just pull a few out of the freezer to serve with a meal. It's also a handy tool for getting some of your baking done before a big holiday meal.

To parbake a roll, follow the normal cooking instructions, but remove the rolls from the oven when they have baked for 75 - 80% of the specified cooking time. At this point the rolls should have risen some more in the oven and the crust of the bread should be set (somewhat hardened), but not yet browned. The most precise way to gauge whether the bread the rolls have baked long enough is to use a thermometer. The rolls are ready to come out when the internal temperature is 185 degrees F.

Let the rolls cool to room temperature, put them in a freezer storage bag, and place them in the freezer. When you're ready to eat them, place the frozen rolls on a baking sheet in an oven that has been preheated to the temperature specified in the roll recipe. Take the rolls out when the tops have browned and you've tested one to make sure that the middle of the roll has thawed. If the tops are browning too much, you can always cover them with aluminum foil.