

LuAnne van Uitert's Refrigerator Rolls

This recipe is from my childhood. The vanUiterts lived across the street from us when we lived at 39 Dean Street in Belmont, Massachusetts. LuAnne's cooking was amazing, as was my mom's. They were the best of friends, and they were always trading recipes. This is one of many recipes I treasure from my childhood.

This is the easiest, most reliable dinner roll recipe I've ever used. However, it *must* be refrigerated overnight, at least. (After three days in the refrigerator, it can start tasting yeasty, so bake the rolls before then.)

INGREDIENTS

1 yeast cake (or the equivalent – that's about 2 ¼ tsp of breadmaking yeast, the powdered kind) dissolved in ½ cup warm water.*

2 tsp of salt (at high elevations, like in Utah, use 1 ½ Tbsp salt)

½ cup sugar

½ cup fat (I use peanut oil)

1 large egg

1 ½ cup warm water

5 cups of flour

DIRECTIONS

Mix everything except the flour together. Then, gradually stir in the flour. (I use an electric mixer.) Mix or knead until smooth and gluten-y.

Let dough rise once, covered, in a warm-ish location. Stir down. Store overnight, covered, in the refrigerator.

Take the dough out of the refrigerator the next day, and prepare as you would regular dinner rolls, or you can use my cake tin approach:

Grease the inside of two cake tins (about 9"). For sweet rolls, I pour a mixture of melted butter, brown sugar, cinnamon, and maybe some nutmeg or honey, into the bottom of the tin. (Frankly, I use anything that's in the cupboard that generally fits the description of a sweet topping.)

Then, grease your hands well. Tear off pieces of the dough, roll them into balls about the size of ping-pong balls, and place them in the cake tin. They should touch each other or be no more than ½ inch apart. Continue until you have filled the tin, one layer deep. (Usually, I'll fill two cake tins, and maybe have a little dough left over for individual rolls.)

Let rise for 2 ½ hours.

Bake 15 minutes at 375 degrees (F). If you've made them as sweet rolls, flip the cake tins immediately, onto a serving dish. Leave for a few minutes so all the topping stays on the rolls, and then gently lift the cake tins.

Or, you can cook the rolls without any topping, and pour the hot butter + sugar + seasonings over the rolls after they've cooked and been set on a serving dish.

*If you use an old-fashioned cake of yeast, soak it in the warm water with 1 Tbsp of sugar for one hour.

Adapted from LuAnne van Uitert's recipe, by Eibhlin (Eileen) Morey MacIntosh. EileenMorey.com (art), Eibhlin.com (misc).