Preparedness Hints

Delicious Whole Wheat Cinnamon Rolls and Pancakes





Making homemade cinnamon rolls seems to be a staple in many homes. We make ours with 1/2 whole wheat flour and they are delicious. We enjoy making these on Sunday and do it at least once a month. Part of the trick to keeping them soft is adding lemon juice. The recipe I use follows.

Did you know what the difference is between bread flour and all-purpose flour? I looked at the ingredients and noticed that the only difference is ascorbic acid! Yes, essentially the same thing as lemon juice. Ascorbic acid or lemon juice softens the gluten developed while bread making. So you can buy all-purpose flour and add your own lemon juice when making bread rolls, or pizza dough.

Cinnamon Rolls (modified from simply Ready by Terri Johnson)

- 1 C. butter or margarine, melted
- 1/2 c. sugar or honey
- 3 eggs, beaten
- 1 t. salt
- 2 T. yeast & 1 t sugar dissolved in 1 In C. warm water
- 2 T. lemon juice or vinegar
- 3 C. whole wheat flour
- 3 C. white flour (or wheat flour)
- 3/4 C. brown sugar mixed with 4 t. cinnamon (raisins, nuts)

Add butter, sugar, eggs, salt & lemon juice to dissolved yeast and stir. Add 3 C, of the whole-wheat flour and beat in mixer or by hand for 10 minutes. Add rest of the flour and mix until flour is absorbed (or longer). Be careful not to add too much flour, you want the dough to be as soft as you can manage.

Roll out into a large rectangle. (I use spray Pam on my hands and on the board, I avoid using any more flour if I can help it). Spread with 2 T. melted butter. Sprinkle with the brown sugar mixture and raisins and nuts if desired. Roll up so that you have a long skinny roll (not a short fat one). Slice into about 24 rolls and put into two 9x13 pans. Let rise until double (about 43 minutes) and cook at 350º F. for 20 minutes.

Cream Cheese Icing

- 8 Oz. cream cheese, kept cold
- 5 T. butter
- 2 t. vanilla
- 2 C. powdered sugar.

Process in a food processor until just mixed. Over mixing causes the cream cheese to break down and produces grainy looking frosting (Joy of Cooking, 1997, pg. 1008) Frost while still slightly warm.

Whole Wheat Pancakes

- 2 C. whole wheat flour
- 2 T. sugar
- 1 T. baking powder
- 1 t. salt
- 1/2 t soda
- 2 C. milk
- 1/4 C. oil
- 2 eggs

Mix dry ingredients together. Add liquid ingredients and mix just until moistened (do not over beat, thereby creating gluten, making tough pancakes). Cook on griddle at 350 (not 375 like for white flour pancakes). Makes about 24 pancakes.

We love these, especially with our chokecherry syrup!