

## Orange dinner rolls

Total time: About 3 or 4 hours, depending on rising time for the dough

Servings: Makes 2 dozen rolls

Adapted from LA Times <http://www.latimes.com/features/food/la-fo-sos25-20100225,0,3941130.story> Adapted from Morrison's Rogue River Lodge.

Gently flavored with orange zest and lightly sweetened with sugar, these dinner rolls are shaped like a cinnamon roll and baked in muffin tins, puffed to a rich golden-brown. Morrison's Lodge was happy to share this recipe with us, originally from Elaine Hanton who, with her husband B.A., purchased the lodge in 1964.

### Dough

zest of one orange

juice of one orange

enough 115° water, so that the orange juice and water together make 1 cup

1½ - 2 teaspoons instant or bread machine yeast

3 ¼ cups (13.8 ounces) flour, divided, plus additional for kneading

2 ½ tablespoons plus 1/3 cup sugar, divided

2 ½ tablespoons butter, at room temperature

1 egg, at room temperature

1 teaspoon salt

2 tablespoons softened butter

1. Remove zest from and then juice one orange. In a large bowl, or in the bowl of a stand mixer, combine the water, yeast and one teaspoon sugar, stirring to dissolve. Set aside just until the yeast is activated (the mixture will begin to bubble), 5 to 10 minutes. Add the orange juice.
2. With paddle attachment, work half of the flour into the yeast, then add the 2 ½ tablespoons butter and egg until combined. Add salt and sugar to the remaining flour. Switch to the dough hook and slowly add in the remaining flour mixture to the dough (the dough will at first be stringy, then very sticky as the flour is absorbed).
3. Knead using dough hook, then by hand form the dough into a ball, knead on a floured board if necessary. The finished dough will be tender, soft and slightly tacky. Place into an oiled bowl, cover with a towel, and allow to rise in a warm location until doubled in bulk (allow 60 - 90 minutes).
4. While dough is rising, in a small bowl, combine the remaining one-third cup sugar with the orange zest. Allow it to sit while dough is rising so that the oil in the orange zest soaks into the sugar.
5. Punch down the dough. On a well-floured surface, roll the dough into a rectangle measuring 24 inches by 10 inches (or two 12 x 10 inches).
6. Brush the dough with the 2 tablespoons softened butter, then sprinkle the orange sugar mixture over the buttered dough. Roll the rectangle lengthwise into a tight tube (as when rolling cinnamon rolls). Cut the tube into 24 (1-inch) slices. Roll the tube one-quarter turn after each slice to keep the tube round; otherwise, it will flatten from all the slicing.
7. Place each of the slices into a well-greased muffin tin or into a round cake pan. The tins must be well-greased or the finished rolls will stick to the bottom because the butter, orange zest and sugar filling will melt and turn into a caramel sauce. If using a spring form cake pan, place the pan on foil because the caramel will leak. Cover loosely and set aside until the rolls double in size.
8. Pre-heat the oven to 400 degrees. Bake the muffin trays 1 at a time, until the rolls are puffed and golden brown, about 8 to 10 minutes. Rotate the trays halfway through for even baking. Cool the rolls slightly, then unmold. Serve warm.

Each roll: 126 calories; 2 grams protein; 22 grams carbohydrates; 1 gram fiber; 3 grams fat; 1 gram saturated fat; 13 mg. cholesterol; 10 grams sugar; 101 mg. sodium.