

LUCILLE'S YEAST ROLLS

(little clouds that melt in your mouth)
Makes about 4-6 dozen

Materials needed:

1 clean disposable glove
large ceramic or glass bowl
2 pkg yeast- make sure it's not expired
1 cup sugar
1 Tbs salt
1 egg
1 cup Crisco (the bars work great)
warm water
6 + cups unbleached all-purpose flour
(you can do half and half with whole wheat flour)



NOTE: It's best to start this process in the morning, or at least before lunch. If having rolls for dinner, they should be set out to rise by around 3:00.

Directions:

In one cup of lukewarm water (about 100 degrees, a little more than body temperature) pour both packages of yeast and let sit.

Put one cup (or bar) of Crisco in a large bowl. Cover it with one cup of very hot (but not boiling) tap water. The hot water will soften the Crisco and make it easy to work with. Add the salt, egg, and sugar. With the glove on your hand (protects fingernails from getting full of dough), mash the Crisco with your fingers into the water mixture until very soft. Let it sit until the water has cooled off.

Once the water has cooled at least to body temperature, add the yeast mixture. Add about one to two cups of flour at a time (sifting is optional), mashing with

your fingers to blend it into the water and yeast mixture. When all flour has been added, cover the bowl with a plate and refrigerate for several hours (the dough will still be very sticky) until almost doubled in size. (2-5 hours) Throw away the glove.)



Grease three or four 9x13 baking pans with Crisco or line with parchment paper and set aside. On a lightly floured surface, turn out the dough and knead it well (about 5 - 10 minutes), sprinkling with more flour as needed. Cut the dough in half and set aside one half. Roll the

dough out to about 1/2 inch. Use a wide glass or biscuit cutter to cut rolls. Cut the entire sheet of dough, then take each circle of dough, fold it over to make a half-moon shape, and place in pan about one inch apart. Roll out the other half of the dough and do the same thing. Finally, roll out all the extra dough and cut rolls from it.



Cover rolls with a clean kitchen towel and let rise for about 3 hours or until doubled in size. Don't let them rise too much, or they will fall.

Bake at 350 degrees until lightly browned, about 10 - 12 minutes.

Optional: Brush top of rolls with butter when they come out of the oven. Keep left-over rolls in the refrigerator. They also freeze well. You can use this recipe to make cinnamon buns. When the dough is rolled out, spread butter, cinnamon, sugar, raisins, and nuts. Roll up the dough, then cut the roll vertically to make buns.



This recipe was handed down to me by my husband Wesley's mother, Lucille Humphreys. Her mother Betty Oakes taught her how to make it.