# Orange Rolls Chef Demo

# BASIC SCRIPT

Set up on board around stove like other shows

Night Before: Prepare dough for two dozen

2 ½ hours before show: roll out 12 rolls cover and let rise. This to show risen rolls, baking and finished product.

**At the Show**

Explain ingredients for dough and rolls

MAKE ROLLS:

Show risen rolls – Show how to tell if risen enough. Put in oven when ready.

Use other half to roll out 12 rolls

Prepare orange/sugar/zest filling

Brush, roll, and put on pan

Show rolls baking in oven

## Make a second batch of Dough

Gather and prepare ingredients for batch of dough

Show how to mix and combine noting stickiness and texture

Wrap tightly and refrigerate

# RECIPES

## Refrigerator Rolls

Dry Ingredients

3 cups all-purpose flour

3/4 cup sugar

1 1/2 teaspoons salt

1 package instant dry yeast (or scant tablespoon

Wet Ingredients

1 cup water, comfortable hot

1/2 cup butter

1 egg

* Add dry ingredients in medium bowl and whisk thoroughly.
* In separate glass or plastic bowl, add water. Cut butter in pieces, and add to water. Microwave until mixture is bathtub warm. Stir until butter is melted.
* Cool to 115 to 120 (comfortably warm) and add slightly beaten egg. Stir until mixed.
* Warm liquids again until about 115, if needed, then add to dry mixture.
* Mix with wooden spoon. The mixture will be thick and sticky. Mix until all dry ingredients are wetted.
* Cover with plastic wrap, and refrigerate overnight or up to 3 days.

This dough is good for dinner rolls, cinnamon rolls, etc.

## Orange Rolls

Cotton Country Cookbook

This is a famly favorite. As the rolls cook some of the orange sugar leaks to the bottom on the roll and carmalizes. Is like a soft pastry with a crunchy candied bottom.

Ingredients

Refrigerator rolls above recipe

8 tablespoon butter, softened

1/2 cup granulated sugar

1 1/2 teaspoon orange zest. (It’s important to use good firm oranges for zesting)

2 cups confectioners’ sugar - optional

3 to 4 tablespoon orange juice - optional

Instructions

Divide the dough in half. Roll each half into lightly floured board, into a 12 x 8-inch rectangle.

Stir together the softened butter, granulated sugar and orange zest. Spread half of this mixture over each rectangle. Roll up each rectangle on dough like a jellyroll. Slice each into 12 equal slices.

Place rolls on baking sheet.

Let rolls rise about 1 1/2 hours in warmed oven until double in bulk.

Bake at 375 for 15 minutes or until lightly browned. (Some of the orange mix might leak out and caramelize – this is good.)

Optional: Combine confectioners’ sugar and orange juice. Drizzle over warm rolls to glaze.

(I usually don’t – the rolls rich enough already.)