Sawtooth Rolls

from the desk (and kitchen) of President Kevin Satterlee

Ingredients:

2 tablespoons active dry yeast
2 cups warm water
80 to 90 degrees
½ cup sugar
2 cups whole-wheat flour
½ cup shortening
original old-fashioned Crisco vegetable shortening
1 tablespoon salt
1 egg
4½ cups all-purpose flour

Non-stick spray to grease the rising-bowl and the baking pan (I use round cake pans and fill them in to create a nice full circle of rolls. This recipe will fill three 9" cake pans.)

Stick of butter for after they are done baking

Instructions:

Dissolve the 2 tbls of yeast into the 2 cups of warm water. Let it sit until your yeast is activated. It takes a few minutes, be patient, do not mix your yeast in with the other ingredients until this has happened, you will know this is done when the yeast starts to bloom in the water, and this is a fun process for kids to see when it happens.

Mix in the ½ cup sugar, 2 cups whole-wheat flour, ½ cup shortening, 1 tbl salt, and the egg. Mix thoroughly. Then add the 4½ cups all-purpose flour and mix thoroughly. Knead for about 10 minutes on a very lightly floured surface if by hand, 5-7 minutes if in a mixer with no extra flour needed. The texture should be smooth to the touch when properly kneaded.

Place in a greased bowl (a large enough bowl to allow the dough to double), and turn it over several times so the dough gets a light layer of the grease over the entire surface. Cover the bowl with a kitchen towel and place in a warm area. Let it rise until it doubles in size (usually about 2 to 3 hours).

(Note: The dough can also be refrigerated overnight if you want to make it the night before you need it. If so, wait until it is about halfway risen, then cover with plastic wrap to make it air tight and then refrigerate overnight. Then remove it from the fridge with enough time for it to warm to room temperature and rise to a full double size.)

Once doubled, roll out the dough on a lightly floured surface to about ½ to ¾ inch thickness. Cut in circles with a biscuit/cookie cutter. Place the circle in the pan and fold it on itself into a half-circle. Do not crimp it completely, just push it together in the middle of the arc of the half-circle with your finger to leave a single deep dimple. Leave about one inch between each roll in the pan. Cover the pan with the towel again. Let rise again until they double in size.

Pre-heat the oven to 425 degrees. Bake for 15 minutes until the tops are a dark (not golden) brown.

Remove from the oven and immediately, while still very hot and in the pan, gently rub the stick of butter over the tops of the rolls. The butter will melt and run down all the sides of the rolls giving them a nice sheen and flavor. Let cool for 5-10 minutes in the pan and then remove and serve immediately or whenever you are ready.

This recipe is from my mother-in-law, Teresa Walker Bergin. Her mother and father came to Hailey in the late 1800s where her father worked in the mines. This recipe came from the old-time miners in the Stanley basin and was a staple. As the generations moved on, and store-bought bread became more common, this recipe became the holiday and special occasion recipe for the entire family. All parts of the family looked forward to these rolls being on the table, and they still do to this day.

Teresa believed good food should be shared and that all were welcome around the round table in her kitchen. So sharing this recipe is a tribute to her.

The version I work from is still in her handwriting.