

Sweet Dough



This recipe will make about four pounds of sweet dough, the kind used for the Hawaiian Coffee Ring or Cinnamon Raisin Rolls. Use All Purpose flour or a mixture of AP flour and Pastry flour for extra softness of the roll. This recipe will make two large Hawaiian Rolls weighing about 2 lbs / 907 g each. Or two pans of Cinnamon Rolls.

With just a small amount of honey added, the dough is not too sweet. For extra sweetness double the honey. This recipe uses a preferment, so the night before baking, stir together in a large container:

Preferment	Volume	Standard	Metric	Bakers %
Sourdough Starter 166% hydration	2/3 cups	6 oz	170 g	38.8 %
Water	1.5 cups	12 oz	340 g	77.6 %
All Purpose Flour	3 cups	13.2 oz	374 g	85.4 %
Total Weight	1 lb 15.2 oz	1lb 15.2 oz	884 g	201.9%
Hydration				101.9%

Let this mixture set lightly covered overnight at room temperature.

Next morning, pour the preferment mixture into your mixer and then add in order:

Ingredient	Volume 2 Rolls	Standard 2 Rolls	Metric 2 Rolls	Bakers %
Preferment	All	All	All	80.9 %
Water	1/3 cup	2.6 oz	73 g	6.7 %
Evaporated Milk or Cream	1/3 cup	2.6 oz	73 g	6.7 %
Honey	1.5 TBSP	1.5 oz	42 g	3.9 %
Vanilla Extract	1 TBSP	.5 oz	14 g	1.3 %
Melted Butter	2 TBSP	1 oz	28 g	2.6 %
Mashed Potatoes	½ cup	4 oz	113 g	10.4 %
Bread/All Purpose Flour	5 ¼ cups	1 lbs 7.1 oz	654 g	59.9 %
Salt (add after autolyse)	1 TBSP	.6 oz	17 g	1.6 %
Total Dough Weight	4 lb 3.6 oz	4 lb 3.6 oz	1916 g	175.3%
Total Flour Weight	2 lb 6.6 oz	2 lb 6.6 oz	1093 g	100.0 %
Total Water Weight (hydration)	1 lb 8.4 oz	1 lb 8.4 oz	693 g	63.4%

Mix together the preferment and the additional ingredients on a medium speed just until mixed, this takes about three to four minutes. Then allow the dough to rest for 20 minutes.

After resting, add the salt and mix the dough for another two minutes, then put the dough into a folding trough or large container and bulk ferment the dough in a warm place for 3 to 4 hours.

Fold the dough once an hour. After bulk fermentation, divide the dough into two pieces of about 2 pounds each, and then gather each into a ball. Let dough rest for five minutes.

To make Hawaiian Coffee Ring, roll out each piece of dough into a circle shape about 16- 18 inches across. Spread the Coconut filling (below) across each rolled out circle of dough and then taking one edge, roll up the dough, coil slightly into a circle and place in an oiled/greased round pan or glass baking dish/pie dish. Spray some cooking oil or brush on butter or oil on the surface of the roll to keep it from drying out. When ready to bake, make several slashes deeply into the roll, slashing down into at least two layers.



To make Cinnamon Raisin Rolls, roll out each two pound piece of dough into a large rectangle. Spread melted butter over the whole surface of the dough. Then sprinkle cinnamon and sugar evenly across the dough. Then spread raisins/chopped walnuts over the dough. Starting at one edge, roll the dough into a roll shape. Then either cut the rolls off in slices and lay flat on a greased pan, or lay the roll on a greased pan, slash almost all the way through and then lay the roll over on it's side like this:



Allow the dough to proof for about 1 to 1.5 hours in a warm place 70-80F /21-26C until the dough is about almost doubled and puffy looking. Bake at 375F/190C degrees for about 30 - 35 minutes. Turn the rolls a couple of times for even browning during baking. Brush with butter while the rolls are still hot, then cool before glazing. The center of the dough should register about 195F - 200F on instant thermometer when done.

Coconut filling:

Coconut Filling	Volume	Standard	Metric
Butter	3/4 cup	6 oz	170 g
Cream or ½ & ½ milk	1/3 cup	2.6 oz	73 g
Sugar white or brown	1 ½ cups	10.5 oz	297 g
Shredded Coconut	2 ¼ cups	7.4 oz	209 g
Chopped Nuts	¾ cup	3 oz	85 g
Cinnamon	1 ½ teasp	.12 oz	3.4 g
Vanilla	1 TBSP	.5 oz	14 g

For the coconut filling, add all above ingredients to a medium sized saucepan and bring to a boil over medium heat while stirring. As soon as the mixture boils, take off heat and cool before using.

Glaze:

- ❖ 1.5 cups powdered sugar
- ❖ 1 teaspoon vanilla
- ❖ Cream or half and half milk

Add powdered sugar and vanilla into a bowl and slowly add milk until the desired consistency, stirring well. Twirl glaze on top of Coconut Roll once the roll is cooled. To add holiday decorations on top of the rolls, use nut halves and sliced glazed fruits to decorate and add color.

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