

Donald's Stuffed Bread Rolls

Based on "Ann Slaybaugh"'s recipe for Bierocks, found in "The Bread Machine Magic Book of Helpful Hints", by Linda Rehberg and Lois Conway

Recipe based on 24 units, with amounts for a half batch of 12 units in brackets

Ingredients:

Bread dough:

- 3/4 cup / 6 oz water (3/8 cup / 3 oz)
- 2 large eggs (1 large egg)
- 4 cups flour (2 cups)
- 6 tbs sugar (3 tbs)
- 1-1/2 tsp salt (3/4 tsp)
- 6 tbs / 3 oz cooking oil (3 tbs / 1.5 oz)
- 2 tsp bread machine yeast (1 tsp)

For brushing on top of the stuffed bread dough, immediately prior to baking:

- 3 tbs / 75g margarine (1.5tbs / 40g)

Filling #1 -- Bierocks / Beef and Cabbage:

- 150g (1 cup) chopped onion (75g / 1/2 cup)
- 250g (2-1/2 cups) chopped cabbage (125g / 3/4 cup)
 - note: if this is the only cabbage-based recipe you make, continue chopping the rest of the cabbage and freeze in 2-1/2 cup (250g) / 1-1/4 cup (125g) portions for future cooking sessions
- 2 lbs / 900g-1kg ground beef (1 lb / 450g to 500g)
- Salt to taste
- 120g (1-1/2 cup) grated cheese (60g / 3/4 cup)

Filling #2 -- Stuffed Pizza Rolls

- 96 x 2" / 5cm pepperoni slices (48 slices)
- 7.5oz / 213mL can pizza sauce (3.5oz to 4oz)
- 120g (1-1/2 cup) grated cheese (60g / 3/4 cup)

Equipment:

- Conventional oven preheated to 350F
- Bread maker with a dough cycle
- Measuring cup
- Microwave oven
- Measuring spoons
- Optional: kitchen scale
- Cutting board
- Kitchen knife
- Plate
- Rolling pin

- Two, 10" by 13-1/2" (25cm by 34cm) baking sheets
- Parchment paper
- Soup spoon
- Microwave oven-safe vessel to melt margarine / butter
- Food-grade brush to brush melted margarine
- Egg flipper / spatula
- Cooling rack(s) of sufficient size for 24 (or 12) stuffed bread rolls

Equipment for Filling #1 -- Bierocks / Beef, onion, and cabbage:

- Frying pan
- Egg flipper / spatula

How to make the bread wrapper / roll part:

- Warm water in the microwave for 45 seconds (1200 watts) to 1-1/2 minutes (600 watts).
- Place warm water and egg(s) in the bread machine basket.
- Place flour, sugar, salt, oil, and bread machine yeast, in order, on top of the water and egg(s).
- Start dough cycle, or add a desired delay.

Making Filling #1 -- Bierocks / Beef, onion, and cabbage:

- Measure out approximate amount of onion, allowing for a trim excess.
- Trim onions.
- Chop onions.
- Add chopped onion to frypan.
- Measure out approximate amount of cabbage from head of cabbage, allowing for a trim excess.
- Trim cabbage as necessary.
- Chop cabbage.
- Add chopped cabbage to frypan.
- Add ground beef to frypan.
- Fry mixture on low to medium heat until the meat is brown and beginning to stick to the pan.
- As the ground beef, onion, and cabbage mixture is frying, break up the ground beef with egg flipper / spatula.
- Mix ingredients in frypan.
- As you are able, clean cutting board while the meat, onion, and cabbage mixture is frying.
- As you are able, grate cheese while the meat is frying, and put aside.
- Remove frypan from heat when the meat mixture is cooked.

Making Filling #2 -- Stuffed Pizza Rolls

- Slice pepperoni to approximately 1mm thick.
 - Or use pre-sliced pepperoni.
- Use commercial pizza or tomato sauce.
 - Preparation of a pizza / tomato sauce is considered beyond the scope of this recipe.
- Grate cheese, and put aside.

Before stuffing the bread rolls:

- If unable to do so during the preparation of the main ingredients of the filling, finish

- preparing any other filling ingredients (such as grated cheese), and put aside.
- If unable to do so during the preparation of the filling, clean cutting board.
 - Place parchment paper on each of the baking sheets.
 - Preheat oven to 350F.

Stuffing the bread rolls (based on 24 units -- adjust accordingly if making 12 units):

- A) When the bread machine has completed its dough cycle, remove dough from bread maker basket and place on the cleaned cutting board.
- B) Divide the dough in two; place one half on a plate.
- C) Divide the dough half in two again; place one of the quarters on plate with the rest of the dough.
- D) Divide the dough quarter in two again; place one of the eighths on the plate with the rest of the dough.
- E) Divide the dough eighth into three; put two of the thirds on the plate with the rest of the dough.
- F) Repeat with the rest of the dough, to produce 24 (or 12) pieces of dough.
- G) Taking a dough piece and lightly roll the piece of dough in your hands to form a ball.
- H) Using rolling pin, stretch dough ball to approximately five inches (12.5 cm) wide.
- I-1) If cheese or other secondary filling ingredient was prepared separately, place approximately 1/24th of the ingredient in the middle of the bread circle.
- I-2) Place two filled soup spoons of the filling over the cheese. (Pizza: roughly 1-2 teaspoons sauce, and 4 slices pepperoni).
- J) Pull edges of the bread together to the centre of the bun, and pinch closed.
- K) Place bun on parchment paper on baking sheets, pinched part of bread edges down.
- L) Repeat with the rest of the dough as appropriate to have 24 (or 12) units.
- M) Place margarine in microwave-safe vessel.
- N) Run microwave oven in short 15 second bursts until the margarine is melted.
- O) Brush tops of stuffed buns with melted margarine.
- P) Allow to bread to rise for another 15 to 30 minutes.
- Q) Place baking pans in oven on top rack.
- R) Bake for approximately 21 minutes.
- S) As desired, brown the tops of the stuffed bread rolls for an additional 1 to 2 minute(s) using the broil function.
- T) Remove trays from oven.
- U) Using a clean egg flipper / spatula, transfer stuffed bread rolls onto cooling racks.
- V) Serve warm or completely cooled.
- W) Freeze uneaten units.