

THE PHOTOGRAPHER'S KITCHEN

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JERRY'S NUTTER FORT PEPPERONI ROLLS

2007 - Jerry Bell

History – Most folk outside of the Northern West Virginia area have never heard of Pepperoni Rolls. A popular legend holds that the pepperoni roll was invented in the 1920s by Giuseppe Argiro, owner of the Country Club Bakery in the North Central West Virginia town of Fairmont. Some historians have disputed this claim saying they didn't come about until the 1940s. However, most historians do agree that it was highly likely that this very portable lunch dish originated among the coal miners of north-central West Virginia in the first half of the twentieth century.

Makes about 12 rolls

Ingredients:

1 1/2 cups water, about 100 to 110 degrees or baby bottle warm
1/3 cup sugar plus 2 tsp.
1 package quick acting yeast
1 teaspoonful salt
1/4 cup dry powdered milk
4 cups all purpose flour
1 8oz. package of thin-sliced pepperoni
1 egg
1 Tbsp. butter

Combine 1/2 cup of lukewarm water, 1/3 cup sugar and the yeast in a small glass bowl or measuring cup. Give the mixture a couple of very gentle stirs then let it proof for about 5 to 10 minutes until it has created a bit of foam.

Put the proofed mixture into your mixers large mixing bowl. Add 1 cup water, the salt and powdered milk. Mix until dissolved. Using the slowest mixer speed carefully add the flour, using a bit of extra flour or water as needed to make a soft dough that isn't too sticky. Switch to the dough hook attachment and knead the dough at medium speed for 15 minutes. Scrape the bowl sides as necessary. If you see the dough climbing the hook just speed up the mixer for a few seconds so it will throw the dough off the hook. Shape into a ball and let rise in a bowl covered with a towel for an hour. Volume should double.

Put the raised dough onto a floured board, form it into a square or rectangle then cut it into 12 pieces using a pizza cutter or dough scraper. Roll each piece into a rectangular shape roughly 4"x 6" and place 4 or 5 slices of pepperoni in the middle, overlapping but not stacked. Roll it up and pinch the ends to seal. Place on an ungreased baking sheet.

An option. You might want to try adding a sprinkling of packaged shredded pizza cheese (mozzarella, Romano, Parmesan, Provolone mix)

Combine 1 melted tablespoonful of butter, one egg and two teaspoonfuls of sugar. Brush rolls with this glaze.

Bake rolls at 400 degrees until golden brown. Approx. 15 to 20 minutes. Remove from the oven and brush immediately and lightly with melted butter.

They are wonderful when cooled for five minutes or so, or place in a sealed bag to eat later. Makes a dozen good-sized rolls, which will make four people very happy.

I've provided this recipe for your dining pleasure and I encourage you to share it with your relatives, friends and anyone else who enjoys good food. If you want to post one of my recipes on your blog or another website I ask that you please credit: Jerry Bell / Jbellphotography.com