

Whole Wheat Rolls, Bread Sticks, Buns, 51%

Breads

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 877
USDA B-16, modified

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Dry Milk, instant, nonfat Sugar, granulated Yeast, instant, dry Salt	1 lb + 14 oz 1 lb + 12 oz 4 oz 6 oz 2 oz 1 oz	 ¾ cup ¼ cup 1 Tbsp + 1 tsp			<ol style="list-style-type: none"> Place flour, dry milk, sugar, yeast and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.
Vegetable Oil	7 oz				<ol style="list-style-type: none"> Add oil and blend for approximately 2 minutes on low speed.
Water (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°)		1 qt + 2 Tbsp (+ up to ½ cup if dough is stiff)			<ol style="list-style-type: none"> Add first amount of water to the dry ingredients. If dough appears too stiff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.
Pan Release Spray		As needed			<ol style="list-style-type: none"> Form rolls from dough by pinching off 1 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18" x 26" x 1") which have been lined with pan liners. (See variations below for shaping bread sticks and hamburger buns.) Place in a warm area (about 90° F) until double in size, approximately 45-60 minutes.

Whole Wheat Rolls, Bread Sticks, Buns, 51%, continued

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
					8. Bake until lightly browned. * Conventional oven: 400° F for 18-20 minute * Convection oven: 350° F for 12-14 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F. 9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.

Serving Size	1 Serving Provides	Yield
1 each	1.0 units G/B	100 rolls – Approximately 6 lbs + 4 oz of dough

Nutrients Per Serving

Calories	85	Vitamin A	26.82 IU	Iron	0.85 mg
Protein	2.32 gm	Vitamin C	1.22 mg	Calcium	19.67 mg
Carbohydrate	14.5 gm	Fiber	1.2 gm	Cholesterol	0.2 mg
Fat	2.22 gm	% Fat	23.55 %	Sodium	101.3 mg
Saturated Fat	0.33 gm	% Saturated Fat	3.52 %		