

Rolls (Yeast)

Servings:	100.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Grain
HACCP Process:	Same Day Service

Rolls (Yeast)

Nutrition Information

Calories	133.68	Protein	3.62g
Fat	5.13g	SaturatedFat	0.87g
Trans Fat	0.08g	Cholesterol	0.45mg
Carbohydrates	19.27g	Fiber	1.56g
Sugar	4.93g	Sodium	295.75mg
Iron	0.84mg	Vitamin C	0.00mg
Vitamin A	15.00IU	Calcium	5.87mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	453722	YEAST DRY 12-2 RDSTR	
1 Gallon	515002	FLOUR ULTRAGRAIN 50 HLCHC	
3 Cup	311065	MILK PWD FF INST 6-5 P/L	
2 Cup	108642	SUGAR CANE GRANUL 25 GFS	
1/4 Cup	108308	SALT IODIZED 24-26Z GFS	
2 Cup	292702	OIL SALAD VEG SOY CLR NT 6-1GAL GFS	
2 Tablespoon	733061	MARGARINE SLD 30-1 GFS	

Preparation Instructions

Directions:

Dissolve dry yeast in warm water. Let stand for 4-5 minutes

Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.

Add oil and blend for approximately 2 minutes on low speed.

Add water. Mix for 1 minute for 2 minutes on low speed.

Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

Add dissolved yeast and mix for 2 minutes on low speed.

Place dough in warm area (about 90° F) for 45-60 minutes

Punch down dough to remove air bubbles.

Form rolls from dough by pinching off 2 oz pieces and shaping. Place rolls in rows of 5 across and 10 down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Place in a warm area (about 90° F) until double in size, 30-50 minutes.

Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-14 minutes

Optional: Brush lightly with melted margarine (approximately 1 Tbsp per pan) while warm.

Notes:

1: Special Tip:

2: To use high-activity (instant

3:) yeast, follow di

4: rections below or manufacturer's

5: instructions.

6: For 50 servings, omit step 1. In step

7: 2, add ¼ cup high-activity (instant)

8: yeast. Continue with step

9: 3. In step 4, add 1 qt wa

10: ter (110° F). Omit step 5.

11: In step 6, knead for 10 minute

12: s. Continue with steps 7-12.

13: For 100 servings, omit step 1. In step

14: 2, add 2 ½ oz (½ cup) high-activity

15: (instant) yeast. Continue with step 3. In

16: step 4, add 2 qt water (110° F). Omit

17: step 5. In step 6, knead for 10

18: minutes. Continue with steps 7-12.

19: Variation:

20: A. Frankfurter Rolls

21: 50 and 100 servings: Follow steps 1-8. In step 9, shape 2 oz pieces of dough to approximately 2 1/2" x 6 1/2". Place rolls in rows of 8 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.

22: B. Hamburger Rolls

23: 50 and 100 servings: Follow steps 1-8. In step 9, shape and flatten 2 oz pieces of dough to approximately 4" in diameter. Place rolls in rows of 6 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.

24: C. Wheat Rolls

25: 50 servings: Follow step 1. In step 2 use 1 lb 13 oz (1 2 1/2 cups) Whole wheat/enriched blend flour and 1 lb 13 oz (1 qt 2 3/4 cups) whole wheat flour. Continue with steps 3-12.

26: 100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 qt 1 cup) Whole wheat/enriched blend flour and 3 lb 10 oz (3 qt 1 1/2 cups) whole wheat flour. Continue with steps 3-12.

27: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress