

# ROLLS (MADE) (ENRICHED)



ENRICHED GRAIN

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. enriched grains

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1 roll**RECIPE HACCP PROCESS:** #2 - Same day service

| INGREDIENT                          | MEASURE (FOR 50 SERVINGS)    |
|-------------------------------------|------------------------------|
| Yeast, Baker's, Instant Dry, #2029  | 1/3 cup(s)                   |
| Water, Municipal, Mississippi       | 1 1/2 cup(s)                 |
| Flour, All Purpose, Enriched, #2011 | 3 pound(s) + 10 ounce(s)     |
| Milk, Dry, Nonfat Powder, #2019     | 3 1/4 ounce(s)               |
| Sugar, Granulated, #2027            | 5 3/4 ounce(s)               |
| Salt, Table, #2219                  | 2 tablespoon(s)              |
| Oil, Vegetable, #2507               | 3/4 cup(s) + 2 tablespoon(s) |
| Water, Municipal, Mississippi       | 2 1/2 cup(s)                 |

**DIRECTIONS**

- For best results, have all ingredients and utensils at room temperature. Dissolve dry yeast in warm water. Let stand for 4 -5 minutes.
- Place flour, dry milk, sugar and salt in a mixer bowl. Blend with the 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 on low speed.
- Add dissolved yeast and mix for 2 minutes on low speed.
- Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
- 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 ounce 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.
- 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

**PRODUCTION NOTES**

To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

For 50 servings, omit step 1. In step 2, add ¼ cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

**NUTRIENTS PER SERVING**

|               |         |               |        |           |           |           |        |
|---------------|---------|---------------|--------|-----------|-----------|-----------|--------|
| Calories      | 177     | Dietary Fiber | 1.23 g | Sodium    | 291.00 mg | Sat. Fat  | 0.63 g |
| Carbohydrates | 29.84 g | Protein       | 4.56 g | Total Fat | 4.24 g    | Trans Fat | 0.00 g |