

Cinnamon Rolls

Grains/Breads

Grains/Breads

B-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see Special Tip)		½ cup	3 ¼ oz	½ cup 2 Tbsp	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110° F)		1 ½ cups		3 cups	
Enriched all-purpose flour	3 lb 10 oz	3 qt 1 ½ cups	7 lb 4 oz	1 gal 2 ¾ qt	2. Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.
Instant nonfat dry milk	3 ¼ oz	1 ½ cups	6 ½ oz	2 ¾ cups	
Sugar	5 ¾ oz	¾ cup 2 Tbsp	11 ½ oz	1 ½ cups 2 Tbsp	
Salt		2 Tbsp	2 ½ oz	¼ cup	
Vegetable oil		¾ cup 2 Tbsp		1 ¾ cups	3. Add oil and blend for approximately 2 minutes on low speed.
Water (68° F)		2 ½ cups		1 qt 1 cup	4. Add water. Mix for 1 minute on low speed.
					5. Add dissolved yeast and mix for 2 minutes on low speed.
					6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
					7. Place in warm area (about 90° F) for 45-60 minutes.
					8. Place dough on lightly floured surface. Divide into balls, 3 lb 2 oz each. For 50 servings, divide into 2 balls. For 100 servings, divide into 4 balls.
Ground cinnamon		¼ cup		½ cup	9. Combine cinnamon and sugar. Mix well. Set aside for step 11.
Sugar	5 ¼ oz	¾ cup	10 ½ oz	1 ½ cups	
					10. Roll each ball of dough into a rectangle 25" x 10", ¼" thick.
Vegetable oil		1 Tbsp		2 Tbsp	11. Lightly brush each rectangle with oil. Sprinkle approximately ½ cup cinnamon-sugar mixture over each rectangle.
Raisins	10 oz	2 cups	1 lb 4 ½ oz	1 qt	12. Sprinkle 1 cup raisins over cinnamon-sugar mixture on each rectangle.

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			13. Roll each rectangle on the long side to form a long slender roll. Cut each roll into 25 uniform pieces 1" thick.
			14. Place in rows of 5 across and 10 down on sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
			15. Place in a warm area (about 90° F) until double in size, 30-50 minutes.
			16. Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-14 minutes
Margarine or butter, melted (optional)	1 Tbsp	2 Tbsp	17. Optional: Brush lightly with melted margarine or butter (approximately 1 Tbsp per pan) while warm.

SERVING:	YIELD:	VOLUME:
1 roll provides 2 servings of grains/breads.	50 Servings: 6 lb 4 oz (dough) 1 sheet pan	50 Servings: about 50 rolls
	100 Servings: 12 lb 8 oz (dough) 2 sheet pans	100 Servings: about 100 rolls

Tested 2004

Special Tip:

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 7-17.

For 100 servings, omit step 1. In step 2, add 2 ½ oz (¼ cup 3 ⅔ Tbsp) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-17.

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Nutrients Per Serving

Calories	209	Saturated Fat	0.65 g	Iron	2.08 mg
Protein	4.73 g	Cholesterol	0 mg	Calcium	39 mg
Carbohydrate	37.70 g	Vitamin A	46 IU	Sodium	292 mg
Total Fat	4.53 g	Vitamin C	0.5 mg	Dietary Fiber	1.7 g