

Italian Bread

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)		2 Tbsp 2 tsp		½ cup	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110° F)		1 cup		2 cups	
Enriched all-purpose flour	3 lb 12 oz	3 qt 2 cups	7 lb 8 oz	1 gal 3 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 oz	1 ¼ cups	6 oz	2 ½ cups	
Sugar		¼ cup	3 ½ oz	½ cup	
Salt		1 Tbsp		2 Tbsp	
Water (70-75° F)		3 cups		1 qt 2 cups	3. Add water and mix for 1 minute on low speed.
					4. Add dissolved yeast and mix for 2 minutes on low speed.
Shortening		¼ cup	3 ¼ oz	½ cup	5. Add shortening and mix for 2 minutes on low speed.
					6. Knead dough for 8 minutes on medium speed or until dough is smooth and elastic.
					7. Place dough in warm area (about 90° F) for 45-60 minutes.
					8. Punch down dough to remove air bubbles and let rest 15 minutes.
					9. Divide dough into pieces, 3 lb 6 oz each. For 50 servings, divide into 2 pieces. For 100 servings, divide into 4 pieces. Shape each piece into a smooth roll 24" long.
Cornmeal		2 Tbsp		¼ cup	10. Place lengthwise on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray and sprinkled with cornmeal, approximately 2 Tbsp per sheet pan. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					11. Place sheet pans in a warm area (about 90° F) until double in size, 30-50 minutes.

Italian Bread

Grains/Breads

Grains/Breads

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Water, as needed	12. Brush top of each loaf with water. Using scissors or a very sharp knife, cut 5 or 6 diagonal slits ¼" deep on top of each loaf.
	13. Bake until browned: Conventional oven: 400° F for 25 minutes Convection oven: 350° F for 20 minutes
	14. Cool. Cut each loaf into 25 slices, ⅛" thick.

SERVING:	YIELD:	VOLUME:
1 slice provides 2 servings of grains/breads.	50 Servings: 6 lb 12 oz (dough) 2 loaves	50 Servings: 50 pieces
	100 Servings: 13 lb 8 oz (dough) 4 loaves	100 Servings: 100 pieces

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 2 Tbsp high-activity (instant) yeast. In step 3, add 1 qt water (110° F). Omit step 4. Continue with step 5. In step 6, knead for 10 minutes. Continue with steps 7-14.

For 100 servings, omit step 1. In step 2, add ¼ cup high-activity (instant) yeast. In step 3, add 2 qt water (110° F). Omit step 4. Continue with step 5. In step 6, knead for 10 minutes. Continue with steps 7-14.

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Nutrients Per Serving

Calories	145	Saturated Fat	0.32 g	Iron	1.70 mg
Protein	4.37 g	Cholesterol	0 mg	Calcium	27 mg
Carbohydrate	28.23 g	Vitamin A	41 IU	Sodium	150 mg
Total Fat	1.40 g	Vitamin C	0.1 mg	Dietary Fiber	1.1 g