

White 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	2 ½ oz	½ cup	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110° F)		½ cup		1 cup	
Enriched all-purpose flour	2 lb 3 oz	2 qt	4 lb 6 oz	1 gal	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		½ cup 2 Tbsp	3 oz	1 ¼ cups	
Sugar	2 ¼ oz	½ cup	4 ½ oz	¾ cup	
Salt		1 Tbsp		2 Tbsp	
Water (70-75° F)		2 cups		1 qt	3. Add water and mix for 1 minute on low speed.
					4. Add dissolved yeast and mix for 2 minutes on low speed.
Shortening	2 ¼ oz	½ cup	4 ½ oz	¾ cup	5. Add shortening 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 dough in warm area (about 90° F) for 45-60 minutes.
					8. Divide dough into pieces, 1 lb 15 oz each. For 50 servings, divide into 2 pieces. For 100 servings, divide into 4 pieces. Shape each piece into a loaf and place in loaf pan (4 ½" x 16 ½" x 4") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					9. Place pans in a warm area (about 90° F) until double in size, 45-55 minutes.
					10. Bake until lightly browned: Conventional oven: 400° F for 20-25 minutes Convection oven: 375° F for 18-22 minutes
					11. Cool. Cut each loaf into 25 slices, ¾" thick.
Margarine or butter, melted (optional)		1 Tbsp		2 Tbsp	12. Optional: Brush top of each loaf lightly with melted margarine or butter (approximately 1 ½ tsp per loaf) while warm.

White Bread

Grains/Breads

Grains/Breads

B-19

SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of grains/breads.	50 Servings: 3 lb 14 oz (dough) 50 pieces	50 Servings: 2 loaves
	100 Servings: 7 lb 12 oz (dough) 100 pieces	100 Servings: 4 loaves

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 2 ½ cups water (110° F). Omit step 4. Continue with step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

For 100 servings, omit step 1. In step 2, add ¼ cup high-activity (instant) yeast. In step 3, add 1 qt 1 cup water (110° F). Omit step 4. Continue with step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Variations:

A. Oat Bread

50 servings: Follow step 1. In step 2, use 1 lb 13 oz (1 qt 2 ½ cups) enriched all-purpose flour and 7 oz (2 ¾ cups) rolled oats. Continue with steps 3-12.

100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 qt 1 cup) enriched all-purpose flour and 14 oz (1 qt 1 ½ cups) rolled oats. Continue with steps 3-12.

B. Oat Bread With Honey

50 servings: Follow step 1. In step 2, use 1 lb 13 oz (1 qt 2 ½ cups) enriched all-purpose flour and 7 oz (2 ¾ cups) rolled oats. Omit sugar. In step 3, combine 3 ¾ oz (½ cup) honey with water. Continue with steps 4-12.

100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 qt 1 cup) enriched all-purpose flour and 14 oz (1 qt 1 ½ cups) rolled oats. Omit sugar. In step 3, combine 7 ½ oz (¾ cup) honey with water. Continue with steps 4-12.

C. Raisin Bread

50 servings: Follow step 1. In step 2, add 1 ½ tsp ground cinnamon. Continue with steps 3-5. In step 6, add 13 oz (2 cups) †plumped raisins during last 2 minutes of mixing. Continue with steps 7-12.

100 servings: Follow step 1. In step 2, add 1 Tbsp ground cinnamon. Continue with steps 3-5. In step 6, add 1 lb 10 oz (1 qt) †plumped raisins during last 2 minutes of mixing. Continue with steps 7-12.

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

White Bread

D. Wheat Bread

50 servings: Follow step 1. In step 2, use 1 lb 10 oz (1 qt 1 ¾ cups) enriched all-purpose flour and 9 oz (2 ¼ cups) whole wheat flour. Continue with steps 3-12.

100 servings: Follow step 1. In step 2, use 3 lb 4 oz (2 qt 3 ½ cups) enriched all-purpose flour and 1 lb 2 oz (1 qt ¼ cups) whole wheat flour. Continue with steps 3-12.

E. Wheat Bread With Honey

50 servings: Follow step 1. In step 2, use 1 lb 10 oz (1 qt 1 ¾ cups) enriched all-purpose flour and 9 oz (2 ¼ cups) whole wheat flour. Omit sugar. In step 3, mix 3 ¾ oz (½ cup) honey with water. Continue with steps 4-12.

100 servings: Follow step 1. In step 2, use 3 lb 4 oz (2 qt 3 ½ cups) enriched all-purpose flour and 1 lb 2 oz (1 qt ¼ cup) whole wheat flour. Omit sugar. In step 3, mix 7 ½ oz (¾ cup) honey with water. Continue with steps 4-12.

Nutrients Per Serving

Calories	93	Saturated Fat	0.36 g	Iron	1.03 mg
Protein	2.59 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	17.11 g	Vitamin A	20 IU	Sodium	145 mg
Total Fat	1.51 g	Vitamin C	0.1 mg	Dietary Fiber	0.7 g