

Rolls (Yeast)

Grains/Breads

Grains/Breads

B-16

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 ⅔ cups	
Sugar	5 ¾ oz	¾ cup 2 Tbsp	11 ½ oz	1 ¾ cups	
Salt		2 Tbsp	2 ½ oz	¼ cup	
Vegetable oil		¾ cup 2 Tbsp		1 ⅔ 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 dough in warm area (about 90° F) for 45-60 minutes.
					8. Punch down dough to remove air bubbles.
					9. 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.
					10. Place in a warm area (about 90° F) until double in size, 30-50 minutes.
					11. 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	12. Optional: Brush lightly with melted margarine or butter (approximately 1 Tbsp per pan) while warm.

Rolls (Yeast)

Grains/Breads

Grains/Breads

B-16

SERVING:	YIELD:	VOLUME:
1 roll provides 2 servings of grains/breads.	50 Servings: about 6 lb 4 oz (dough)	50 Servings: about 50 rolls
	100 Servings: about 12 lb 8 oz (dough)	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 7-12.

For 100 servings, omit step 1. In step 2, add 2 ½ oz (½ cup) 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 7-12.

Variations:

A. Frankfurter Rolls

50 and 100 servings: Follow steps 1-8. In step 9, shape 2 oz pieces of dough to approximately 2 ½" x 6 ½ ". 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.

B. Hamburger Rolls

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.

C. Wheat Rolls

50 servings: Follow step 1. In step 2, use 1 lb 13 oz (1 qt 2 ½ cups) enriched all-purpose or bread flour and 1 lb 13 oz (1 qt 2 ¾ cups) whole wheat flour. 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 or bread flour and 3 lb 10 oz (3 qt 1 ½ cups) whole wheat flour. Continue with steps 3-12.

Rolls (Yeast)

Grains/Breads

Grains/Breads

B-16

Nutrients Per Serving

Calories	176	Saturated Fat	0.60 g	Iron	1.75 mg
Protein	4.53 g	Cholesterol	0 mg	Calcium	29 mg
Carbohydrate	29.80 g	Vitamin A	44 IU	Sodium	291 mg
Total Fat	4.21 g	Vitamin C	0.1 mg	Dietary Fiber	1.2 g