

SUBMARINE ROLLS (ROLL MIX)

Yield 100

Portion 1 Roll

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 340 cal | 61 g | 10 g | 7 g | 0 mg | 532 mg | 56 mg |

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 ROLL,MIX
 WATER,COLD
 COOKING SPRAY,NONSTICK

Weight

8-1/2 oz
 2-1/3 lbs
 19-1/8 lbs
 8-1/3 lbs
 2 oz

Measure

1-1/4 cup
 1 qts 1/2 cup
 1 gal
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Sprinkle yeast over water. Do not use temperatures above 110 F. Mix well. Let stand 5 minutes; stir. Prepare roll mix according to directions on package.
- 2 PUNCH: Fold sides into center. Turn dough over. Divide dough into approximately 3 pound pieces. Let rest about 10 minutes.
- 3 Lightly spray each pan with non-stick cooking spray. MAKEUP: Divide each ball into 10 4-1/2 ounce pieces; flatten. Roll up like jelly roll into 1-1/4x8 inch rolls. Place 15 rolls about 2 inches apart on each sprayed pan.
- 4 Prepare 1/2 recipe Cornstarch Wash, Recipe No. D 040 00. Brush on top and sides of each roll.
- 5 PROOF: At 90 F. until double in bulk, about 40 minutes.
- 6 Using a convection oven, bake 12 to 15 minutes at 350 F. or until lightly browned on high fan, open vent. Immediately brush with Cornstarch Wash. Cool on wire racks.

Notes

- 1 Rolls may be prepared using semi-automatic bakery equipment. Follow Step 1. In Step 1, add bakery emulsifier to roll mix. Follow Step 2. In Step 3 divide dough into 5lb 6 oz pieces. Place in roll divider and rounding machine. Divide into 36 balls. Press 2 balls together to form 4-1/2 oz balls. Let rest 5 to 10 minutes. Feed balls one at a time into bread molder-dough sheeter machine, with a 9-inch pressure plate. Follow Steps 4 through 5. Slice rolls partially through using bun slicer.