

BROWN AND SERVE ROLLS (SHORT-TIME FORMULA)

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	51 g	9 g	5 g	3 mg	335 mg	31 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 FLOUR,WHEAT,BREAD
 SHORTENING,SOFTENED
 FLOUR,WHEAT,BREAD
 SALT
 BUTTER,MELTED

Weight

4-1/2 oz
 1-5/8 lbs
 1-1/8 oz
 6-1/4 lbs
 5-3/8 oz
 5-1/4 oz
 10-7/8 lbs
 9 oz
 3-5/8 lbs
 2-7/8 oz
 4 oz

Measure

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

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand for 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk and sugar. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Add flour; mix at low speed about 2 minutes or until flour is incorporated. Add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift together flour and salt; add to mixture in mixer bowl. Mix at low speed 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 8 MAKE-UP: Line pans with parchment paper. Divide dough into 8 2 lb 10 oz pieces. Shape each piece into a smooth ball; let rest 15 minutes.
- 9 Roll each piece into a long rope, about 38 inches, of uniform diameter, about 1-1/2-inch thick. Cut rope into 25 1-2/3 oz pieces about 1-1/3 inches long.
- 10 Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 11 PROOF: At 90 F. until double in bulk, about 45 minutes.
- 12 Bake at 325 F. for 25 to 30 minutes or in 300 F. convection oven 12 to 15 minutes or until rolls begin to brown on low fan, open vent. Brush with melted margarine or butter. Cool on pans; wrap in aluminum foil. Bring covered rolls to room temperature about 1 hour before baking. Finish baking at 400 F. about 14 to 17 minutes or in 350 F. convection oven about 10 to 12 minutes or until golden brown on high fan, open vent.